

## Pregnant with Medical Assistance

### Free Breast Pump

Pregnant women receiving MA can receive a free breast pump by contacting their insurance company's customer service phone number.

### Free Child Birth Classes

Pregnant women receiving MA can take child birth classes for free. Contact your insurance company's customer service phone number for more information.

### Car Seat Program

Through MA, some insurance companies will provide an infant/toddler car seat to pregnant women. In some cases, these insurance companies have contracted with local public health agencies and/or clinic staff who will give the car seats to members. They will also provide education on how to properly use the car seat. To request a car seat, call your insurance company's customer service phone number.

### Gift Card Vouchers

Many insurance companies through MA also offer gift card vouchers for prenatal and post-partum care of you and your baby, as well as child and teen check-ups. Contact your insurance company for further details.

### Text4baby<sup>SM</sup> Program (Free service through the MN Dept of Health, not MA)

If you are pregnant or a new mom you can receive helpful text messages on your cell phone. This information will help you care for your health and give your baby the best possible start in life. These messages include:

- How to have a healthy pregnancy; and
- Tips on child safety, growth and development

Text4baby is free mobile information service to promote maternal and child health. It is offered to you at no cost.

You may sign up for the services by texting BABY to 511411 or BEBE in Spanish . You will receive free SMS Short Message Service text messages each week, timed to your due date or baby's date of birth. You will not be charged for the text messages you receive through text4baby.

### **WIC (You do not need to have MA to receive WIC)**

The Women, Infants and Children program (WIC), offers resources for pregnant women who meet the income guidelines. Please contact your local WIC office to see if you are eligible. Through the WIC program, women and children receive food vouchers, nutrition education, breastfeeding support and information and referrals to health care and other community resources. It is a supplemental food and nutrition program for pregnant women, new moms and children under the age of 5 years old.

### **Free Clinics**

Call 2-1-1 First Call for Help for information about free clinics in your area that provide prenatal care. 211 is a free United Way directory listing a vast majority of the family, mental health and economic resources available on a state by state basis. You may call 211 from any phone and connect with the First Call for Help line for your state. SPHC staff will also be glad to make that call with you if you need a more unique array of services or are unsure what to ask for. You can also go to: <http://www.211unitedway.org/> to search for resources through the 211 website.

### **Resources at St. Mary's**

St. Mary's provides health care services at no cost to low income, uninsured individuals and families. This resource is for people who do not have any health insurance. For more information or to schedule an appointment, call 651-690-7029.