

Preventing Pregnancy

The choice is yours

To avoid an unplanned pregnancy, there are ways to take care of yourself.

Family PACT

This is a state- and federal-funded program to provide comprehensive family planning services, including treatment for sexually transmitted diseases, to eligible income men and women in California.

- You can sign up for Family PACT at your doctor's office
- For more information call Family PACT: 1-800-942-1054

What does Family PACT cover?

- Family planning services
- Birth control and condoms
- Emergency contraception (prevents pregnancy after having unprotected sex)

You can qualify for these services

- If you live in California
- Do not have insurance that covers family planning
- Even if you are not a U.S. Citizen, you still may be eligible
- Low income

There are ways to take care of yourself:

- Use emergency contraception
- See your doctor for family planning

Here is a list of health centers in your area where you can apply for PE and receive free or low cost services:

For additional copies of this brochure please contact:

The Center for the Health Professions
3333 California St., Ste. 410
San Francisco, CA 94118
(415) 476-8181

<http://futurehealth.ucsf.edu/home.html>

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A Woman's Guide to
Preventing or Planning Pregnancy

Do you think you might be pregnant?

Do you want to avoid becoming pregnant?

What if I'm Pregnant?

There are programs that can help you during your pregnancy.

Presumptive Eligibility (PE)

Presumptive Eligibility (PE) for Pregnant Women is a Medi-Cal program that is designed to provide immediate, temporary coverage for prenatal care to low-income, pregnant women and teens pending a formal Medi-Cal application.

What services does PE provide?

- Free pregnancy tests
- Abortion services
- Prenatal care

How can PE help you?

PE is the first step to getting Medi-Cal coverage for pregnancy related care. Early prenatal care helps you stay healthy and have a healthy baby.

Don't let your income, lack of insurance, or immigration status delay you in getting prenatal care. On the back of this brochure, there is a list of health centers in your area where you can sign up for PE.

Staying Healthy Before and During Pregnancy

There are things you can do before you get pregnant to help improve the chance of having a healthy baby.

Get a check-up

- The most important thing you can do before you get pregnant is to see a doctor, midwife or nurse.
- As soon as you think you may be pregnant, get prenatal care early and go to all your medical appointments.



Take A Multivitamin Daily

- Take a vitamin that has 400 micrograms of Folic Acid.
- Folic Acid is a vitamin that can help prevent birth defects in your baby's brain and spine.



Eat Well

- A healthy diet includes the basic food groups: vegetables, grains, fruits, meats, and dairy products.
- Eliminate or reduce fast foods and instant foods from your diet.



Exercise

- Walking for 30 minutes, 3-5 times per week, can help you stay healthy during pregnancy.
- Talk to your doctor to know what is best for you.

Stop Smoking

- Smoking cigarettes and second hand smoke is harmful to you and your baby.
- It can lead to complications in your pregnancy and serious health problems in babies.
- For more information call:
California Smokers Hotline
1-800-NOBUTTS
1-800-45-NOFUME



Don't Drink Alcohol or Use Drugs

- Drinking alcohol or using drugs during pregnancy can cause the baby to be born too early, too small, and with health problems.
- If you need help quitting, speak to your doctor.

Get Routine Dental Care

- Brush and floss at least twice a day.
- Gum disease has been linked to premature birth and low birthweight in babies.
- Before and during your pregnancy go to a dentist for a check-up.

Get Help for Domestic Violence

- If you are being mistreated in your relationship, call a hotline or ask your doctor for ways to get help.
- For more information call: National Domestic Violence Hotline: 1-800-799-7233