

Why choose Healthy Beginnings+

Pregnancy is a time of change; every woman can use help with:

- Planning for a healthy pregnancy, birth, and beyond
- Getting ready for a new baby
- Lifestyle changes

A Care Coordinator will:

- Listen to your concerns and answer your questions
- Help you develop and work towards personal goals
- Work with you one-on-one to provide a personalized, confidential plan of care



HEALTHY BEGINNINGS+

Grant County Health Department

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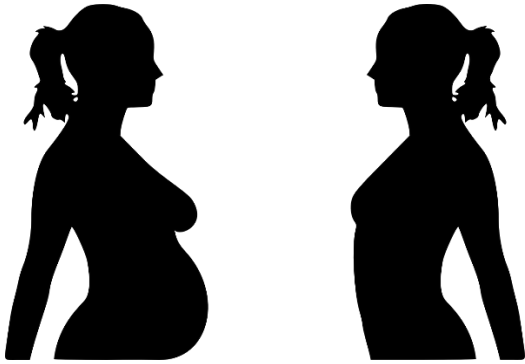
HEALTHY BEGINNINGS+



Grant County Health Department

"Your County Caring For You"

Tel: (608) 723-6416



Healthy Beginnings+

Helping expecting families get the support they need to have a healthy baby

Healthy Beginnings+ is a Medicaid and Badger Care Plus benefit that helps pregnant women get the support and services they need to have a healthy baby.

A Care Coordinator will help you during your pregnancy and for 2 months after your baby is born.

Healthy Beginnings+ offers free:

- Personal visits for you
- Health information to help you understand your body during pregnancy, birth, and beyond
- Information on good eating habits and health practices
- Information on becoming a new parent
- Connections to community and personal resources that meet your needs
- Personal and family support



Will I be eligible?

A Care Coordinator will meet with you and ask you some questions to see if you are eligible.

There is no cost for this service.



Healthy Beginnings+ does not replace your check-ups with your doctor or nurse-midwife but rather gives you more time and information to prepare you for a new baby.