

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



*My Healthy Beginnings +
appointment is
scheduled for:*



HEALTHY BEGINNINGS+

Crawford County
Public Health

225 N. Beaumont, Suite 306
Prairie du Chien, WI 53821
Phone: 608-326-0229
Fax: 608-326-0289

www.crawfordcountywi.org/health

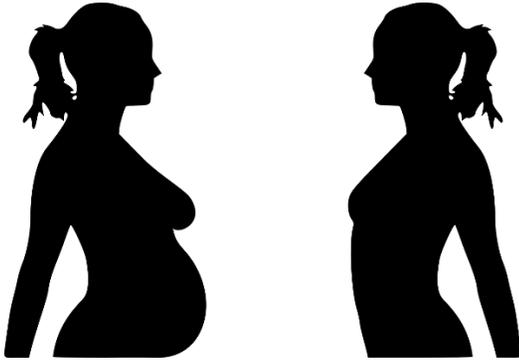
HEALTHY BEGINNINGS+



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Toll Free (800) 207-4774

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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 and positive pregnancy experience.

Your Care Coordinator will provide support to you during your pregnancy and for two 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 one on one time and information to prepare you for a new baby.**