

## 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:



## A Woman's Guide to Preventing or Planning Pregnancy

Do you think you might be pregnant?

Do you want to avoid becoming pregnant?



For additional copies of this brochure please contact:

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## 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