

# Healthy Mom Program

After you give birth, it is time to think about you!  
Get a **\$40 gift card** for going to your postpartum doctor visit!



**L.A. Care**  
HEALTH PLAN®

For A Healthy Life

## At your visit, your doctor will make sure:

- You don't have any infections.
- Your body is healing.
- You are doing well emotionally.
- It is ok to go back to regular activities, like sex.
- To help you with family planning.
- To check your weight and blood pressure.

## L.A. Care Health Plan will:

- Educate you on the importance of the postpartum visit.
- Help you schedule your postpartum visit.
- Arrange interpreting services, if needed.
- Arrange transportation services, if needed.

L.A. Care Medi-Cal direct members who go to their postpartum visit **7-84 days (1-12 weeks)** after giving birth will get a **\$40 gift card**. L.A. Care will need to confirm your doctor's visit.

**English:** Free language assistance services are available. You can request interpreting or translation services, information in your language or in another format, or auxiliary aids and services. Call L.A. Care at **1.888.839.9909 (TTY 711)**, 24 hours a day, 7 days a week, including holidays. The call is free.

**Spanish:** Los servicios de asistencia de idiomas están disponibles de forma gratuita. Puede solicitar servicios de traducción e interpretación, información en su idioma o en otro formato, o servicios o dispositivos auxiliares. Llame a L.A. Care al **1.888.839.9909 (TTY 711)**, las 24 horas del día, los 7 días de la semana, incluso los días festivos. La llamada es gratuita.

**Chinese:** 提供免費語言協助服務。您可申請口譯或翻譯服務，您使用之語言版本或其他 格式的資訊，或輔助援助和服務。請致電 L.A. Care 電話 **1.888.839.9909 (TTY 711)**，服務時間為每週 7 \*，每\* 24 小時(包含假日)。上述電話均為免費。

L.A. Care complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



**\$40 GIFT CARD**  
Your postpartum visit  
should be between  
**7-84 days**  
**(1-12 weeks)** after  
giving birth.

If you need help, call:  
Maritza Arteaga • Health Education Advocate  
L.A. Care Health Plan • **1.213.694.1250 x 4408**