

Did you know?

In Oregon, one in every five women does not get the prenatal care they need during their first three months of pregnancy.

Women and babies are healthiest when they get early and regular prenatal care.

Oregon MothersCare connects you to prenatal care and other resources in your community.

Get Oregon MothersCare

Get prenatal care as soon as you learn you are pregnant — ideally, in the first three months of your pregnancy. Go to Oregon MothersCare at www.healthoregon.org/oregonmotherscare

— OR —

Go to www.211info.org; call “211” or 1-800-SAFENET (1-800-723-3638)



We work together for healthy pregnancies

- Oregon Health Authority (OHA)
- Oregon Department of Human Services (DHS)
- Oregon Health Plan (OHP)
- Local public health departments
- Primary care and dental care providers
- Oregon SafeNet/211
- Other service providers

Oregon
Health
Authority

Contact Oregon MothersCare

Oregon Health Authority
Public Health Division
Office of Family Health
Oregon MothersCare Program
800 NE Oregon St., Suite 825
Portland, OR 97232
Telephone: 971-673-0252
Email: oregon.motherscare@state.or.us

This document can be provided upon request in alternative formats for individuals with disabilities or in a language other than English for people with limited English skills. To request this form in another format or language, contact Oregon MothersCare Program at 971-673-0352 (voice) or 1-800-735-2900 (TTY).

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Oregon MothersCare

Supporting healthy pregnancies

No-cost and reduced-cost services for women who are pregnant or may be pregnant



Oregon MothersCare
supporting healthy pregnancies

Referrals for:
Pregnancy testing
Prenatal care
Nutrition counseling
Dental care



Why Oregon MothersCare?

Because connecting all women to early prenatal care is vital to their health and their babies' health. Early prenatal care can help with:

- **Identifying** and taking care of health problems before they become serious;
- **Making sure** your baby is growing well;
- **Giving you** a chance to ask questions and learn about your pregnancy;
- **Teaching you** ways to stay healthy and keep your baby healthy.



About Oregon MothersCare

Oregon MothersCare is a program that supports healthy pregnancies by connecting women to prenatal care and other resources in their communities.

We help women and their babies get the care they both need.

If you think you might be pregnant, we offer:

- Free pregnancy testing
- Unbiased options counseling

Last year, we helped more than 5,000 women. We can help you, too!

Oregon MothersCare (OMC) can help you with:

- **Finding a doctor** and other services to get you started on your prenatal care.
- **Speeding you** through the Oregon Health Plan application process to get the prenatal care you need.
- **Connecting you** to the WIC program for nutrition education and vouchers for healthy food.
- **Referring you** to dental providers.
- **Linking you** to other services and programs in your community.

For the Oregon MothersCare nearest you...

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Oregon SafeNet is a free and confidential helpline that provides statewide information and referral services for pregnancy and reproductive health services; immediate care health services; and community health, social and mental health services.