

If you are pregnant,

you need to take good care of yourself and your baby. Mothers who receive good prenatal care have healthier pregnancies and stronger babies.

The best way to prepare for a strong healthy baby is to see your doctor regularly and participate in the MOMS Program.

The MOMS Program will guide you throughout your pregnancy and delivery so that you have a healthy baby.

For additional maternity and parenting resources, visit [SPHP.com/MaternityResources](https://sphp.com/MaternityResources) or scan the QR code below.

For more information on the MOMS Program, please call **(518) 270-3035**.



ST PETER'S HEALTH PARTNERS

A Member of Trinity Health

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sphp.com

MOMS PROGRAM

Designed to help pregnant women prepare for motherhood



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Who can participate in the MOMS Program and how much does it cost?

Any woman who is pregnant regardless of age, insurance or immigration status can participate, and there is no cost for MOMS services. We will even help you and your baby obtain health insurance.

Who works at the program?

A registered nurse with extensive obstetrical experience and case worker/program specialist staff the program. You will still need to see your own doctor or certified nurse midwife regularly for your medical care.

How do I schedule an appointment?

You can call **270-3035** to set up your first appointment. After your first appointment, we will schedule regular appointments throughout your pregnancy. Each woman has unique needs and her number of visits may vary. If you already have other children, they are welcome to come with you to your appointment.

Where is the MOMS Program?

The MOMS Program is located at Samaritan OB/GYN, 2231 Burdett Ave. Suite 220, Troy. If transportation is an issue, please call us and we can help you.

What services are provided at the program?

- Medicaid applications completed
- Help with setting up prenatal care with your obstetrician
- Pregnancy education
- Nutrition counseling
- One-on-one childbirth education
- One-on-one breastfeeding education
- Family planning education
- Parenting and infant care education
- Referrals to primary care and pediatric services
- Counseling and referrals to community services and programs
- Assistance in obtaining baby supplies
- Assistance with transportation to doctors' and MOMS appointments

Women who do not receive prenatal care ...

can have small babies, sometimes born too soon. When babies are born too early, they can have serious breathing or heart problems, vision problems and learning disabilities.

It is important to see your obstetrician or certified nurse midwife early in your pregnancy and regularly.

It is also important that you take advantage of the MOMS Program. We provide you with additional services that are not always available through your doctor's office and our staff will take the time to thoroughly answer any questions you may have.

We also have educational materials in several languages.

