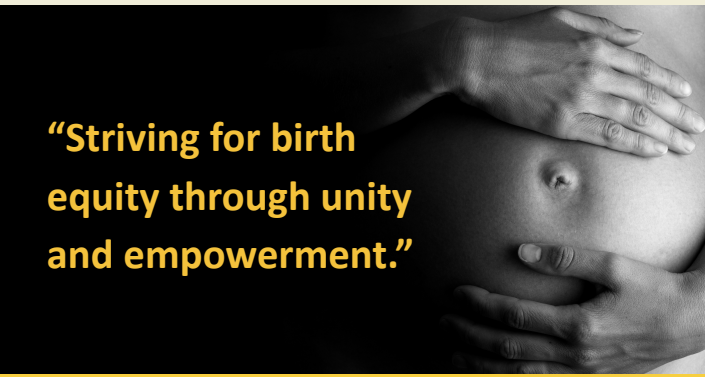
First Steps Toward Thriving

Black Infant Maternal Health Initiative

Kern County



"Striving for birth equity through unity and empowerment."

Your health matters and so does your baby's. Taking the first step to get care is important. Here are some simple ways to get started.

Learn more scan QR:

Funded by:

Kern Family Health Care

www.kernbimhi.com

1. **Insurance:** If you have health insurance, start by finding out what services are covered and which doctors accept your plan. You can: 1. Call or chat member services and ask for OB/GYN doctors. 2. Visit your insurance company's website and search for doctors that accept your plan.

   Need Insurance? *You have options. You can apply for Medi-cal, free or low-cost health coverage. Visit KCDHS.org to get started. You can also apply over the phone (661) 631-6807, (877)410-8812; or in person at the Department of Human Services.*

2. **Make an appointment:** When calling or scheduling online, have this info ready: full name, date of birth, phone number, address, insurance card, the first day of your last menstrual period.

3. **At your first appointment:** Your healthcare provider will ask about your medical history and your family's medical history (if you are not sure try to ask a relative or caregiver before you go). Knowing your story helps protect you and your baby.

4. **Use Community Resources:** Support for Black and African American women and their babies is available:

Black Infant Health Program Culturally affirming support for Black/African American women.

- Group sessions with other Black mothers
- Life skills, stress reduction, and wellness strategies
- Access to public health nurses, mental health workers, and family health advocates

Contact:
Kern County Public Health (661) 321-3000 or bih@kerncounty.com

Bakersfield Pregnancy Center
Free services in a safe, judgment-free space. Services include:

- Pregnancy tests & ultrasounds
- STI education
- Information on parenting, adoption, and abortion
- Parenting classes & material assistance
- Referrals for housing, food, transportation, and medical care
- Support for fathers and families

Locations:
▪ Downtown (661) 326-1907 ▪ Southwest (661) 762-5052
Website & Appointments: http://wehelpyou.org

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www.kernbimhi.com