

# Give your baby a healthy start in life.



## About the Visits

Women in our program can benefit from comprehensive medical care for their pregnancy needs. In addition to OB/GYN doctors, NEMS has Nutritionists, Health Education Specialists, Acupuncturists, and Social Workers to provide you with coordinated perinatal care that fits the needs of your pregnancy. If you are pregnant and eligible for Medi-Cal, you can receive these services at no cost.



**CPSP is a special, FREE program for Medi-Cal eligible women who are pregnant through 1 year after the baby's birth.**

## 📞 Appointments

To schedule your next CPSP appointment, please call :

- (415) 391-9686
- (650) 550-3923
- (408) 573-9686

For more information, please visit:  
[www.nems.org](http://www.nems.org)

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.  
**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).  
**Chinese** 注意: 如果您使用中文, 您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。  
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# Healthy Mom Healthy Baby

Information about the Comprehensive Perinatal Services Program (CPSP)



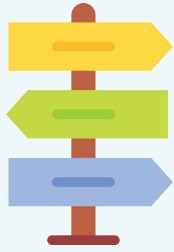
**NORTH EAST  
MEDICAL SERVICES**

東北醫療中心

a california *health+* center

# COMPREHENSIVE PERINATAL SERVICES PROGRAM (CPSP)

## Orientation



Orientation is conducted by a nurse to give you an overview of what to expect in CPSP and hospital/delivery services for NEMS patients (This visit is required to enroll in the program).

## Nutrition



NEMS Nutritionists can provide support regarding healthy eating habits, create individualized dietary plan, check for healthy weight gain and assist with making referrals to WIC.



## Psychosocial

CPSP moms can see a social worker to help determine you and your baby's eligibility for housing, childcare, and other free or low cost programs.



## Behavioral Health

NEMS Behavioral providers can help support your emotional and mental wellbeing during pregnancy by conversing about emotional changes caused by hormones, assisting with identifying a support system, and discussing any confidential concerns, including Postpartum Blues and Depression.

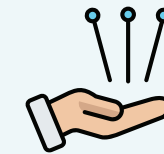


## Health Education

Health Education Specialists can assist with childbirth preparations, breastfeeding, baby's development and what to expect during your labor and delivery.



## Acupuncture



As part of the recent improvements to our program, we are pleased to introduce the Acupuncture Department as the newest addition to our care team.

The Acupuncture Department can provide complimentary Acupuncture treatments if recommended by your OB/GYN provider, as well as Health Education on topics such as Acupressure and Herbal Remedies.



# 給您的寶寶一個健康的人生起點。



## 關於本計劃

加入「分娩前後期綜合服務計劃」的孕婦可因應她們的孕期需要，獲得完整的分娩前後醫療保健服務。除了婦產科醫生以外，東北醫療中心同時擁有專業的營養師、健康輔導員、針灸師以及社工團隊，為孕婦協調她們孕期所需的護理服務。如果您已懷孕並且符合資格申請加州醫療補助計劃，您將可免費得到這些服務。



分娩前後期綜合服務計劃是專為孕婦從懷孕至分娩後 1 年期間而設的一項免費特別計劃。

## 預約

想要安排您下一個「分娩前後期綜合服務計劃」的預約，請致電：

- (415) 391-9686
- (650) 550-3923
- (408) 573-9686

請瀏覽我們的網址，了解更多相關信息：

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# 健康媽媽 健康寶寶

關於「分娩前後期綜合服務計劃」(CPSP)



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# 分娩前後期綜合服務計劃 (CPSP)

## 簡介講座



我們的護士會給您做一個簡介講座，讓您了解「分娩前後期綜合服務計劃」的服務範疇（孕婦必須參加這個講座才可以加入本計劃。



## 營養輔導



東北醫療中心的營養師可以幫助培養您和寶寶的健康飲食習慣、制定針對性的飲食計劃、檢查健康的體重增加，並轉介您加入「婦孺營養補助計劃(WIC)」。

## 社會心理服務

加入「分娩前後期服務計劃」的準媽媽可約見社工，以幫助您確定您和寶寶是否符合房屋、護兒、以及其它免費或低成本計劃的申請資格。



## 心理輔導服務

社工可以通過與您探討關於孕期因荷爾蒙引起的情緒波動、幫助您確定孕期所需的支援系統、及與您商討關於您懷孕的私人問題，包括產後抑鬱症及憂鬱症等，以幫助您在懷孕期間維持情緒和精神上的健康。

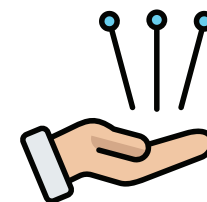


## 健康教育服務

我們的健康教育專員可以在分娩準備、母乳餵養、寶寶成長等方面給予您幫助。



## 針灸服務



為更好完善本計劃的服務，我們很高興將針灸服務納入本計劃。如果您的婦產科醫生推薦您接受針灸服務，

我們的針灸師可為您提供免費的針灸治療以及關於穴位指壓按摩和草藥療法等主題的健康教育資訊。

