

Prenatal Provider located in Gadsden County:

Tallahassee Memorial Family Medicine Residency Program at TMH Physician Partners - Quincy

178 LaSalle Leffall Drive,
Quincy FL 32351
850-431-5430

Fridays 9am - 12pm

*First 1-2 prenatal appts may need to be
completed in Tallahassee location.



**Don't forget to ask your
doctor about the
PRENATAL SCREEN!!**

*The Florida Prenatal Screen is a short
questionnaire provided at the first prenatal care
visit to the doctor. It can help identify services
which can help you have a healthy baby.*

Why Early Prenatal Care?

It's important to get early and regular prenatal care even if you feel fine because most problems, if caught early, can be corrected before they become serious.

You may also be less likely to deliver too early and you may have a healthier pregnancy and baby.



Tips to help keep you and your baby healthy:

1. Make an appointment with your doctor.
2. Get regular prenatal care.
3. Eat a healthy, nutritionally balanced diet.
4. Take prenatal vitamins with folic acid.
5. Ask your doctor before taking medications.
6. Avoid caffeine, alcohol, cigarettes & drugs.
7. Manage stress and get plenty of rest.

This informational flyer was created by the
Gadsden Home Visiting Partnership.



THINK YOU MAY BE PREGNANT?



**Starting prenatal care early can
help you have a healthy baby.**

HOW TO GET STARTED

STEP #1

Get an Official Pregnancy Test

At Your Doctor's Office

If you have a doctor, you see regularly or already go to an OB/GYN for well-woman care/family planning, call the office and request an appointment to get a pregnancy test.

If You Don't Have a Doctor

You can call and make an appointment at:

- Department of Health, Gadsden County
278 Lasalle Leffall Drive
Quincy, FL 32351
850-875-7200
- Abella Women's Center
21 N Love St.
Quincy, FL 32351
850-662-1085

STEP #2

Get Regular Prenatal Care Services

If You Already Have a Doctor

Be sure to follow all of your doctor's instructions and keep your prenatal visits. Keeping in communication with your doctor can help to improve your chances of having a healthy pregnancy.

Don't Have a Doctor? Select One

You can select a doctor through your medical insurance.

If you do not have insurance, you can apply to find out if you are eligible for Medicaid.

- The Department of Health, Leon County, can assist pregnant women with applying for Presumptive Eligibility for Pregnant Women (PEPW) which lasts up to 45 days if eligible. **850-404-6300**.
- The Department of Children and Families (DCF) ACCESS Office also has computers that can be used to apply for pregnancy Medicaid. If you have an ACCESS Account, you can submit an application or report a change.
DCF ACCESS Office
6 S. Key Street
Quincy, FL 32351
850-300-4323



STEP #3

Utilize Other Resources in the Community

TRANSPORTATION

- Big Bend Transit **850-627-9958**. Various transportation services are available for travel in and out of the county.
- If needed, you can contact your Medicaid provider to sign up for the Transportation Disadvantage Program.

NUTRITION

- WIC **850-875-7200 option #2**. WIC provides healthy foods, nutrition education and counseling, and breastfeeding support at no charge for eligible families. Located at the Department of Health, Gadsden County.

DENTAL

- Oral care is important during pregnancy. Contact a Gadsden County dentist office that serves pregnant women and make an appointment.

TEXT4BABY

- Visit **text4baby.org** or download the app for doctor appointment reminders and pregnancy information delivered right to your phone through free text messages.

