FOSTER YOUTH & FORMER FOSTER YOUTH
MEDI-CAL PREGNANCY SERVICES

WHAT SERVICES CAN I GET IF I'M PREGNANT?

Medi-Cal provides the full range of pregnancy care, including prenatal care, labor and delivery, and postpartum care.

PRENATAL CARE
Medi-Cal covers the following, among many others: examinations, counseling, testing, home blood glucose monitors for patients with diabetes, injections to prevent preterm births, genetic counseling, mental and behavioral health services, and substance use disorder services.

LABOR AND DELIVERY CARE
Medi-Cal covers both **vaginal deliveries and c-section births**. Medi-Cal covers hospital births and births at freestanding birth centers.

POSTPARTUM SERVICES
Medi-Cal covers hospital and office visits, contraception counseling, and breast pumps. Medi-Cal can also cover specific services under the *Comprehensive Perinatal Services Program*, which include nutrition services, health education, and care coordination.
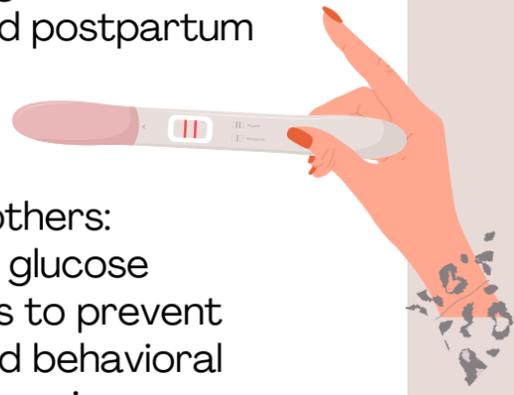
WHO CAN I RECEIVE CARE FROM?

You may choose to access pregnancy care from an **OB/GYN** or from a **certified nurse midwife**. Starting on January 1, 2023, all Medi-Cal enrollees will have access to **full spectrum doula care**.

WHAT IF I AM TRANS OR GENDER NON-CONFORMING AND PREGNANT?

Medi-Cal covers all pregnancy services, regardless of sexual and gender identity. However, transgender or gender non-conforming pregnancies can be difficult to navigate. For more resources, please check out:
- *Family Equality* (1-646-880-3005)
- *LGBTQ Perinatal Wellness Center* (1- 510-466-5930)

DO I NEED TO TELL ANYONE ABOUT RECEIVING PREGNANCY-RELATED SERVICES?

You can receive pregnancy-related services without the permission of, and without having to notify a parent/guardian, spouse/partner, social worker, foster caregiver or the biological parent of the fetus. Your health care provider also cannot tell, unless you give the health care provider permission.

WHAT IF I ENCOUNTER ANY CHALLENGES ACCESSING MY CHOSEN CARE PROVIDERS?

The **Health Consumer Alliance** (**HCA**) offers free assistance over-the-phone or in-person to help people who are struggling to get or maintain health coverage and resolve problems with their health plans. Information and legal assistance is provided by phone or in-person. You can **reach the HCA** at 1-888-804-3536 (TTY 1-877-735-2929) or at https://healthconsumer.org/.

You can **call your attorney**. If you are in foster care in Los Angeles County, Placer County, or Sacramento County, you can call your attorney at Children's Law Center. You also can **call your social worker and/or CASA** to ask for help.

You can also **talk to the Foster Care Ombuds Office** to find out about all your rights, have someone hear what is going wrong, or get help. Go to fosteryouthhelp.ca.gov or call 1-877-846-1602 or email fosteryouthhelp@dss.ca.gov.