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)

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

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.

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.

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LGBTQ Perinatal Wellness Center (1-510-466-5930)

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

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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 1-877-735-2829) or at https://healthconsumer.org/.

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