

Pregnant moms get extra benefits!



Meals for mom

delivers meals to mom
during or after pregnancy



Incentives

reward your
healthy actions



Transportation

to appointments, food
pantries, & pharmacy



Doula services

provide emotional support
before, during, & after delivery



Care management

to explain benefits &
answer questions



Baby Showers

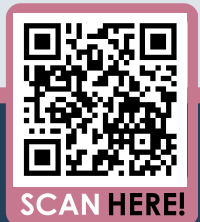
to stock up on
diapers & supplies

Questions? Contact your Clinic.

Name: _____

Phone: _____

Learn more at:
MyDSS.mo.gov/pregnant



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Hey mama

We're here for you.

Find the support you need for every stage of your motherhood journey.



Resources that may be helpful:

For **healthcare coverage** call MO HealthNet (Medicaid) at 855-373-9994

For **health questions** and referrals call 800-TEL-LINK or (800-835-5465)

For **food assistance** call MO Women, Infants, & Children (WIC) at 573-751-6204

For **mental health concerns** call the National Maternal Mental Health Hotline at 1-833-TLCMAMA (852-6262)

For **crisis assistance** call or text the Suicide & Crisis Lifeline at 988

Learn more at:
HealthyMomsBabies.mo.gov



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