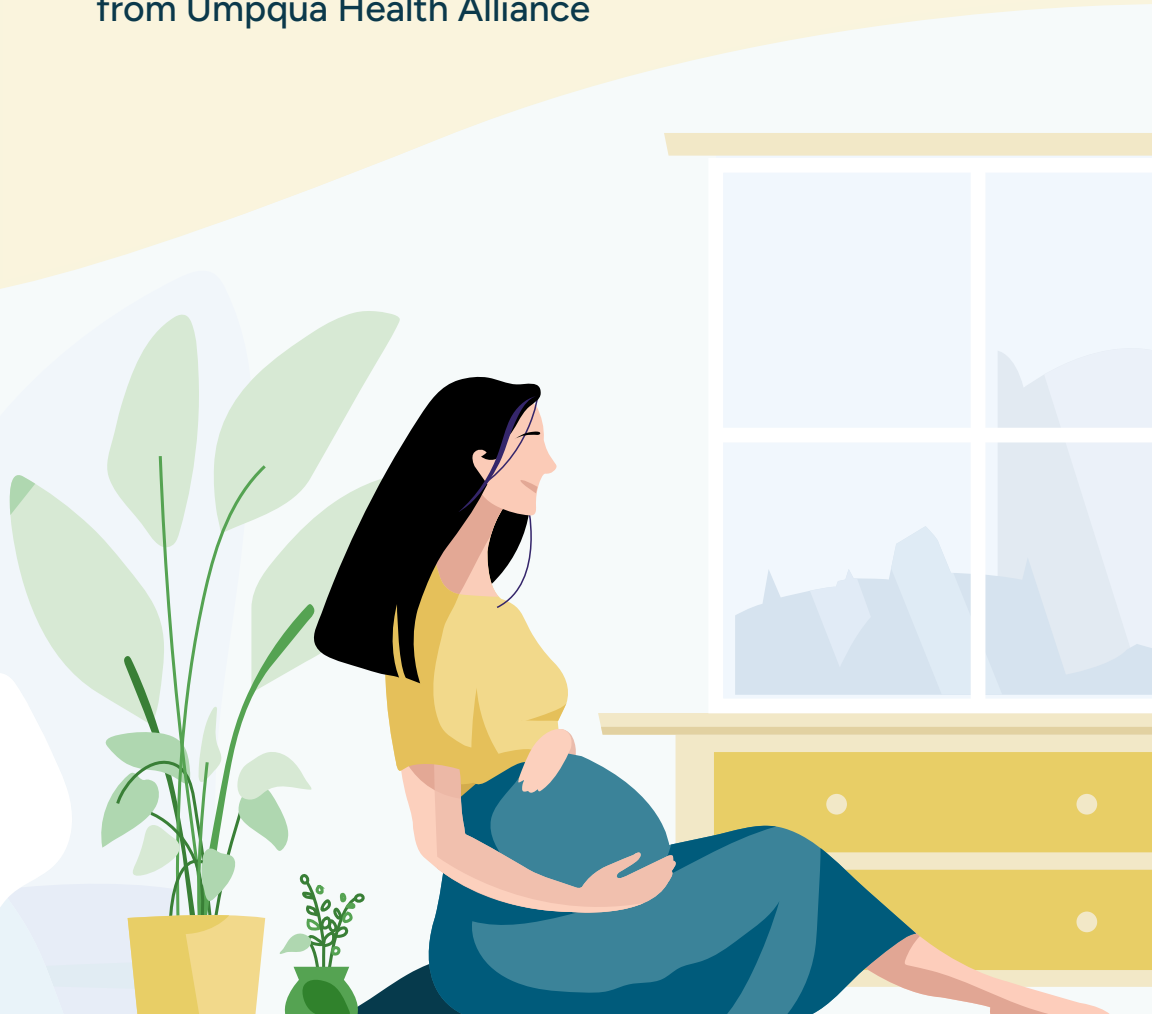




Your Guide to a Healthy Pregnancy and Baby

Your care, your community, your guide
from Umpqua Health Alliance



Hello, Baby, and Hello You

Dear Parent-to-Be,

Congratulations. Whether this is your first baby or your fifth, the journey ahead is uniquely yours.

Pregnancy often brings joy, questions, and a lot of change all at once. Some days feel exciting. Others may feel uncertain. All of it is normal.

This guide is here to be a steady companion, so you don't have to figure everything out alone.

**“You’re not expected to know everything.
You’re not in this alone.”**

As your local coordinated care organization, Umpqua Health Alliance is part of your community. We work closely with clinics and support programs across Douglas County to make care easier, more connected, and free of judgment.

Inside this book, you'll find information, tools, and local resources to help you feel supported through pregnancy, birth, and early parenting. Use what's helpful. Come back to it whenever you need clarity or comfort.

It's not about doing things perfectly. It's about staying informed, supported, and doing what's best for you and your baby.

We're proud to be part of your care team.

With care and respect,
The Umpqua Health Alliance Team

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First Things First — Your Benefits

Your Oregon Health Plan coverage includes many services to support you through pregnancy and after your baby is born.

Umpqua Health Alliance connects you to local providers and programs across Douglas County, helping you get the care you need close to home.



Medical Care During and After Pregnancy

Prenatal care helps monitor your health, track your baby's growth, and catch concerns early. After delivery, your benefits continue to support your recovery and your baby's first year.

MEDICAL CARE INCLUDES

- ✓ Prenatal visits with an OB/GYN, midwife, or family doctor
- ✓ Lab work and ultrasounds
- ✓ Labor and delivery care
- ✓ Postpartum care for at least 12 months
- ✓ Newborn medical care

Who's on Your Medical Team?

You may start with a primary care provider (PCP) such as a family doctor, nurse practitioner, or physician assistant. Your PCP can refer you to a prenatal specialist who will support you through pregnancy and birth.

Every member's care team looks a little different. Your provider will help you find the option that matches your needs and preferences.



Dental & Vision Care During Pregnancy

Dental Care

During pregnancy, hormone changes and morning sickness can make gum problems and cavities more likely. Gum disease has been linked to a higher risk of preterm birth, so keeping your mouth healthy is important.

DENTAL CARE AVAILABLE TO PREGNANT MEMBERS

- ✓ Extra cleanings
- ✓ Fillings and fluoride treatments
- ✓ Crowns when medically needed
- ✓ Exams and X-rays
- ✓ Enamel support if you're experiencing nausea or vomiting
- ✓ Dental benefits for 12 months postpartum

Vision Care

Hormone and fluid changes can affect your eyes. You may notice mild blurry vision, dry or irritated eyes, or increased sensitivity to light.

VISION CARE WHILE YOU'RE PREGNANT

- ✓ One eye exam during pregnancy and 12 month postpartum
- ✓ Glasses or contacts, if medically needed
- ✓ Vision screenings and care for your baby after birth



Prescription Medications and Prenatal Vitamins

Safe Medications in Pregnancy

Some medications are safe to take during pregnancy, and others are not. Always talk with your provider about anything you take, including prescriptions, over-the-counter medicines, herbal supplements or vitamins.

COVERED MEDICATIONS MAY INCLUDE

- ✓ Prescription prenatal vitamins
- ✓ Medications approved for pregnancy
- ✓ Refills of chronic medications that are safe to continue
- ✓ Treatments for nausea, heartburn, or infections

Prenatal Vitamins

Most prenatal vitamins are covered when prescribed and can be filled at an in-network pharmacy.

Look for vitamins that include:

— Folic acid — Iron — Calcium — Vitamin D

Prescriptions

You can fill prescriptions at any in-network pharmacy.



Transportation to Your Appointments

If you need help getting to your medical, dental, mental health, or pharmacy visits, Umpqua Health Alliance can arrange a **free** ride through Bay Cities Brokerage.

RIDE OPTIONS MAY INCLUDE

- ✓ Door-to-door transportation
- ✓ Mileage reimbursement if someone you know drives
- ✓ Wheelchair-accessible vehicles
- ✓ Meal or lodging support for long-distance care (if eligible)



Schedule a ride

Call Bay Cities Brokerage at **877-324-8109** at least 2 business days before your appointment.



High Risk Pregnancy Support

Some pregnancies need extra monitoring or specialist care. If your provider identifies a high-risk need, you may receive more frequent check-ins and added support to help keep you and your baby healthy.

IF YOU'RE HIGH RISK, YOU MAY RECEIVE

- ✓ Maternal Fetal Medicine specialists
- ✓ One-on-one nurse care and guidance
- ✓ Optum Maternity Support Program
- ✓ 24/7 BabyLine

Who is this for?

These programs help with gestational diabetes, high blood pressure, multiple births, or past preterm delivery.



The New Day Program

New Day is a Umpqua Health Alliance program for pregnant members who are facing challenges such as substance use, housing instability, or past trauma. The goal is simple: to help you stay healthy and supported during pregnancy and after your baby is born.

NEW DAY CAN HELP WITH

- ✓ Medication-Assisted Treatment (MAT)
- ✓ Drug and alcohol recovery support
- ✓ Help with quitting tobacco or vaping
- ✓ Referrals to counseling, safe housing, or parenting programs
- ✓ Emotional support during and postpartum

How to connect

You can refer yourself or ask any provider to help connect you.

Meet Your Umpqua Health Alliance Support Team

Behind every appointment, referral, and benefit, there's a team of people ready to help you stay supported.

Umpqua Health Alliance is local to Douglas County, and our staff understand the resources, clinics, and programs in our community.



Who's On Your Team

Your UHA support team includes people with different roles who help you stay connected to care.

CARE COORDINATORS

Help with everyday support. They check on referrals, explain benefits, and make sure your services work together.

COMMUNITY PARTNERS LIAISON

Connects you to programs like WIC, UCAN, and Safe Haven. Helps you enroll and stay connected to local resources.

CUSTOMER CARE REPRESENTATIVES

Your first call for general questions, help finding a provider, or replacing an ID card. They make sure you reach the right person quickly.

How Your Team Helps

Your support team works alongside your doctors, clinics, and community programs to keep your care connected. We're here to help you understand your benefits, coordinate services, and feel supported.

You may hear from us by phone, email, or text. We reach out when there's something important to share, or just to check in and see how you're doing.

Our approach is simple

Listen, guide, and support you at every step.

Ways We Support You

Your support team can help you with many parts of your care — before, during, and after pregnancy.

WE CAN HELP YOU

- ✓ Choose or change your prenatal provider
- ✓ Find dental or vision care during pregnancy
- ✓ Understand what's covered
- ✓ Coordinate rides to appointments
- ✓ Connect with parenting and wellness programs
- ✓ Get follow-up support after birth

Our team is here to help

If you need help with something that's not on this list, just ask. We'll help you find the right resource.



Connect With Us

Call **541-229-4842** and ask to be connected to the Care Coordination Department.

Healthy Mom, Healthy Baby

Pregnancy brings changes in how you eat, sleep, move and feel. This section offers simple, supportive information to help you care for yourself and your growing baby in ways that fit your life and comfort.

Every pregnancy looks a little different. On the next pages, you will find a clear, trimester-by-trimester guide with common milestones and tips to help you know what to expect along the way.

First Trimester: Weeks 1–13

The first trimester begins before many people even know they are pregnant. Your body starts changing quickly, and symptoms can shift from day to day. It is normal to feel tired, nauseous, emotional or unsure. Your body is working hard.

Common experiences:

- A positive pregnancy test
- First prenatal visit and early ultrasound
- Fatigue and increased urination
- Nausea or vomiting
- Breast tenderness

QUICK CHECKLIST

First Trimester To-Dos

- ☒ Start taking prenatal vitamins
- ☒ Schedule your first prenatal appointment
- ☒ Talk with your provider about any medications you take
- ☒ Avoid alcohol, tobacco and drugs
- ☒ Share family medical history with your provider

Second Trimester: Weeks 14–27

Many people feel more comfortable during the second trimester as nausea improves and energy returns. Your baby's movements become easier to notice, and this stage often brings steady growth and important check-ins with your provider.

Common experiences:

- Feeling the baby move around 18 to 20 weeks
- Growing belly and noticeable weight gain
- Increased appetite
- Anatomy scan around 20 weeks
- Backaches or round ligament pain

QUICK CHECKLIST

Second Trimester To-Dos

- ☒ Schedule your 20-week anatomy scan
- ☒ Register for WIC, childbirth classes or parenting programs
- ☒ Begin light or moderate exercise, if approved by your provider
- ☒ Start thinking about baby gear and childcare needs

Third Trimester: Weeks 28–40+

As your baby grows and your body prepares for labor, it's normal to feel more tired and uncomfortable. You'll likely have more frequent prenatal visits and may notice new physical changes as your due date gets closer.

Common experiences:

- Baby “drops” lower into your pelvis
- More frequent urination and heartburn
- Shortness of breath or swelling in feet
- Braxton Hicks (practice) contractions
- Colostrum (early milk) leakage

QUICK CHECKLIST

Third Trimester To-Dos

- ☐ Pack your hospital bag
- ☐ Choose a birth support person
- ☐ Install your car seat
- ☐ Learn the signs of labor and when to call your provider
- ☐ Plan for postpartum support at home

Taking Care of Your Body

Pregnancy asks a lot of your body. These next topics focus on everyday choices that can support your health and comfort.



Eating For Two, Safely

Pregnancy does not mean eating twice as much. It means choosing foods that give you and your baby the nutrients you both need. A balanced approach can help you feel better and support healthy growth.

A healthy plate can include



LEAN PROTEINS

chicken, beans,
or eggs



HEALTHY FATS

avocados, nuts,
olive oil



WHOLE GRAINS

brown rice, oats,
whole wheat bread



LOW-FAT DAIRY

milk, cheese, or
yogurt



FRUITS & VEGETABLES

fresh, frozen, or canned
without added sugar

Small, frequent meals may help with nausea or heartburn. Drink plenty of water, and limit sugary drinks and caffeine.

Foods to Limit or Avoid

Some foods can carry bacteria or chemicals that may be harmful during pregnancy. Knowing what to limit or skip can help keep you and your baby safe.

Limit

CAFFEINE

Less than 200mg per day
(about 1 small cup of
coffee)

ALBACORE (WHITE) TUNA
(limit to 6 ounces a week)

SUGAR

Added sugar and highly
processed foods

Avoid Completely

RAW OR UNDERCOOKED

Meat, fish, or eggs

DELI MEATS OR HOT DOGS

Unless heated until
steaming

UNPASTEURIZED

Milk, cheese, or juice

FISH HIGH IN MERCURY

shark, swordfish, king
mackerel

ALCOHOL, TOBACCO, AND RECREATIONAL DRUGS

Learn More

Ask your provider or visit [fda.gov/pregnancy](https://www.fda.gov/pregnancy) if you're unsure about a food.



Staying Active and Rested

Light movement and good rest can help you feel more comfortable during pregnancy. Small habits can support your energy, mood and overall health.

Ways to move (with provider approval):

- Walking
- Light stretching or prenatal yoga
- Swimming or water exercise
- Stationary cycling
- Dancing at home

Ways to support rest:

- Keep a steady bedtime and wake time
- Use a pillow between your legs for comfort
- Sleep on your side in the second half of pregnancy
- Limit screens before bed
- Avoid caffeine later in the day

QUICK CHECKLIST

Move and Rest

- ☐ Move your body in gentle ways that feel good
- ☐ Take breaks if sitting or standing for long periods
- ☐ Try a pillow for better sleep
- ☐ Take short naps if nighttime sleep is hard
- ☐ Slow down or stop if something feels off



Understanding Mental Health and Baby Blues

Pregnancy and life after birth can bring big changes in mood and energy. Many people feel happy one day and overwhelmed the next. These shifts are common, and they do not mean you are doing anything wrong.

Some people experience the “baby blues” in the first two weeks after birth. You may feel tearful, worried or more emotional than usual. These feelings often improve on their own.

If sadness or anxiety lasts longer or starts to feel heavy, it may be a sign that you need support, and help is available.

Baby blues may include:

- Crying more easily
- Feeling anxious or on edge
- Trouble relaxing or sleeping
- Feeling more emotional or unsure

Reaching out early can make a big difference for your well-being.

Signs of Perinatal Depression or Anxiety

About 1 in 5 people experience depression or anxiety during pregnancy or after birth. These are medical conditions, not personal failures, and they can be treated. Reaching out for help is a strong and important step.

Call your provider if you notice:

- Feeling sad, empty or numb most of the day
- Losing interest in things you usually enjoy
- Trouble bonding with your baby
- Intense worry, panic or racing thoughts
- Big changes in sleep, appetite or focus
- Thoughts of harming yourself or your baby

Support can include therapy, support groups, medication or a mix of approaches.

QUICK CHECKLIST

Protecting Your Mental Health

- ☐ Share how you are feeling with someone you trust
- ☐ Spend a little time outside each day
- ☐ Rest when you can
- ☐ Accept help from others
- ☐ Reach out early if your feelings grow stronger or last longer



Protecting Your Baby From Harmful Substances

During pregnancy, some substances can pass through the placenta and reach your baby. Even small amounts may affect growth and development. If you are using something that might be unsafe, support is available without judgment.

Substances to Avoid:



ALCOHOL



TOBACCO OR NICOTINE

Including vaping



MARIJUANA/THC



**ILLEGAL DRUGS OR
STREET DRUGS**



**MEDICATIONS NOT
APPROVED BY YOUR
PROVIDER**

These substances can affect your baby's brain and body development. Avoiding them can help lower the risk of early birth, low birth weight and other health concerns.

Getting Support Without Judgement

If you are using alcohol, nicotine, marijuana or other substances, it may feel hard to stop, especially if you are coping with stress, pain or past trauma. You are not alone, and asking for help is a strong step toward a healthy pregnancy.

Support available through UHA and community partners:

- **New Day Program** for pregnant members
- **Medication Assisted Treatment (MAT)**
- **Behavioral health counseling**
- **Quit lines for smoking or vaping**
- **Postpartum recovery support**

You will not lose your benefits for being honest with your provider. The earlier you reach out, the more support we can offer for you and your baby.

QUICK CHECKLIST

Getting Help

- ☐ Tell your provider what you are using, no judgment
- ☐ Avoid secondhand smoke and vaping
- ☐ Keep alcohol and marijuana out of your routine
- ☐ Ask about treatment options that are safe in pregnancy



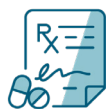
Vaccines During Pregnancy

Vaccines help your body fight infections. Some also pass protection to your baby before birth. Your provider may recommend certain vaccines based on your health and the season.

Common vaccines during pregnancy

- **Tdap**
Protects your baby from whooping cough
- **Flu**
Safe in any trimester
- **COVID-19**
- **RSV**
Seasonal, helps protect newborns

All recommended vaccines are studied for use in pregnancy.



Taking Medicines Safely

Many medicines are safe to use during pregnancy, but some are not. Always check with your provider before starting anything new.

Simple steps:

- Bring a list of all medicines and supplements you take
- Ask before taking new over-the-counter products
- Do not stop prescription medicines without talking to your provider
- Use reliable resources such as [MotherToBaby.org](https://www.MotherToBaby.org) for guidance

Medicine Questions? Your Provider Can Help

You may need medicine during pregnancy for pain, infections or ongoing health conditions. Some medicines need adjustment or careful use. If you are ever unsure, talk with your provider. Safe, clear information helps protect both you and your baby.

Support in Your Community

Douglas County has programs that offer food support, parenting help, housing resources, treatment services, and early childhood care.

The next pages highlight local programs you can use at any time during pregnancy or after your baby is born

Food & Nutrition

These programs can help you get healthy food, learn about nutrition, and support your well-being during pregnancy and after your baby is born.

Health Related Social Needs (HRSN)

umpquahealth.com/members/benefits-programs/health-related-social-needs/

You may qualify if you're facing food insecurity, have a health condition impacted by nutrition, or have other challenges like recent hospitalization or involvement with child welfare.

Services may include:

- Nutrition education with a registered dietitian
- Medically tailored meals delivered to your home

Connect with Health Related Social Needs (HRSN)

✉ HRSN@umpquahealth.com

📍 3031 NE Stephens Street, Roseburg, OR 97470

📞 541-229-4842

Ask to be connected with a Care Navigator for assistance.

WIC (Women, Infants, and Children Program)

healthoregon.org/wic

WIC helps pregnant people, new parents, and families with children under age 5 get healthy food and nutrition support.

WIC offers

- Monthly food benefits
 - Breastfeeding help and breast pumps
 - Nutrition tips and family meal ideas
 - Classes on prenatal health, parenting, and baby care
-

Contact Douglas County WIC Clinic

 251 NE Garden Valley Blvd, Suite N, Roseburg, OR 97470

 541-440-3516

Parenting & Family Support

These programs offer guidance, education, and connection as you prepare for your baby and move through early parenthood.

UCAN Healthy Families Program

ucancap.org

A free, voluntary program that supports parents from pregnancy through early childhood. Trained home visitors can help you learn about your baby’s development, build parenting skills, and connect to local resources.

Healthy families offers:

- Home visits and parenting support
- Help setting family and parenting goals
- Referrals to community programs

Connect with UCAN Healthy Families Program

 541-579-8941

 251 NE Garden Valley Blvd
Roseburg, OR

Nurturely

nurturely.org

Nurturely focuses on perinatal wellness and caregiver support, especially in rural communities. They offer workshops, support for new parents, and culturally informed care.

Nurturely offers:

- Support groups for new parents
- Culturally informed workshops
- Resources for caregiver well-being

Connect with Nurturely

Alyssa Davidson, Rural Support Navigator

 541-579-8941

 alyssa@nurturely.org

Housing & Safety Support

If you are facing housing instability, unsafe living conditions, or need extra support during pregnancy, there are local programs that can help you stay safe and cared for.

Safe Haven Maternity House

safehavenmaternity.org

Safe Haven is a licensed residence for pregnant people and new mothers who need a secure, supportive place to stay. You may remain through pregnancy and for up to six months after birth.

Safe Haven offers:

- A secure, supervised home environment
- Meals and transportation to appointments
- Parenting and life skills classes
- Job support, continued education, and computer training
- Emotional and spiritual support

Connect with Safe Haven Maternity House

 541-464-2740

 445 Chestnut Ave
Roseburg, OR

Substance Use Help

If you are using alcohol, nicotine, marijuana, or other substances, support is available. Treatment programs in Douglas County understand how pregnancy, stress, and past experiences can affect substance use. You can get help at any point in your pregnancy.

Adapt

adaptoregon.org

Adapt provides outpatient and residential treatment services for pregnant women and parents struggling with drug or alcohol use. They offer specialized care for women and support for families during recovery.

Adapt offers:

- Substance use treatment and counseling
 - Programs for pregnant and parenting people
 - Support for families during recovery
-

Connect with Adapt

 Locations across Douglas County

Early Childhood & Development Support

If you have questions about your child's growth or development, help is available. Douglas ESD provides early learning resources and support for young children and their families.

Douglas Education Service District (Douglas ESD) community-uplift.com

Douglas ESD offers free screenings, early learning programs, and services for children with special needs. Staff can help you understand milestones and find support if you have concerns.

Douglas ESD provides:

- Developmental screenings
- Home visiting and early learning programs
- Preschool and parenting support
- Services for children with special needs

Connect with Douglas County ESD

 541-670-5964  Text: uplift1 to 484848

Helpful Websites & Hotlines

These websites and hotlines can give you quick answers, safety information, and support during pregnancy and early parenting.

Pregnancy & Health Info

- **MotherToBaby** *Medication safety* mothertobaby.com
- CDC Pregnancy Vaccines** cdc.gov/vaccines/pregnancy
- FDA Pregnancy Vaccines** fda.gov/pregnancy

Parenting & Child Development

- **CDC Positive Parenting Tips** cdc.gov/child-development
- CDC Child Vaccine Schedule** cdc.gov/vaccines
- Choose My Plate (Nutrition)** choosemyplate.gov

Mental Health Support

- **National Maternal Mental Health Hotline** [1-833-943-5746](tel:1-833-943-5746)
- CDC Mental Health in Pregnancy** cdc.gov/reproductive-health

General Health & Safety

- **Oregon Health Plan (OHP)** oregon.gov/oha/ohp
- Umpqua Health Alliance** umpquahealth.com

My Pregnancy Journal

This is your space to write, plan and keep track of the things that matter to you. Use these pages to save questions for your provider, note how you are feeling or record moments you want to remember.

There is no right way to use this journal. Take what helps and skip what does not.

These small notes become part of your story.

Appointment Tracker

Keep track of upcoming visits, lab work, and key notes.

Date	Provider	Notes

Birth Planning Notes

As you prepare for delivery, write down what matters most to you.

Where would I like to give birth?

Who do I want with me for support?

Pain management preferences (if any):

Cultural or personal preferences:

After-birth preferences (skin-to-skin, feeding, etc.):

Who will help me at home after baby arrives?

Baby Name Brainstorm

Picking a name is exciting and sometimes overwhelming. Use this.

GIRL NAMES	BOY NAMES	GENDER-NEUTRAL
FAMILY / CULTURAL NAMES TO CONSIDER		NAMES WE'RE NOT SURE ABOUT (BUT KEEP COMING UP)
FINALISTS		

Notes or Reflections

Checklists & Tools

Print, save, or stick these in your diaper bag; they're here to make life a little easier.

Pre-Delivery To-Do Lists

Getting ready for your baby can feel exciting and busy. You do not need everything perfect. These simple steps can help you feel prepared.

Prepare for Baby

- ☐ **Choose your baby's doctor**
You will need a pediatrician or family doctor for the first checkup, usually within one week of birth.
- ☐ **Take a childbirth or newborn class**
These classes explain labor, delivery and caring for a newborn.
- ☐ **Wash baby clothes and bedding**
Use fragrance-free detergent to protect your baby's skin.
- ☐ **Install your car seat**
Check that it fits correctly. You can find free help at [nhtsa.gov](https://www.nhtsa.gov)

What to Pack for the Hospital

This list is just a suggestion. You should pack anything else that will make you feel comfortable during labor and while you recover in the hospital.

For You

- ☐ Photo ID and OHP/member ID card
- ☐ Comfortable clothes (robe, loose outfit, nursing bra)
- ☐ Socks or slippers
- ☐ Toiletries (toothbrush, lip balm, face wipes)
- ☐ Snacks and a water bottle
- ☐ Phone and charger

For Baby

- ☐ Going-home outfit
- ☐ Swaddle or blanket
- ☐ Car seat
Installed and ready

For Your Support Person

- ☐ Change of clothes
- ☐ Snacks or drinks
- ☐ Phone charger
- ☐ List of people to update

Plan For the Big Day

A few simple steps can make things smoother when it is time to go.

- ☑ Set up a ride to the hospital or birth center.
- ☑ Arrange child care if you have other children.
- ☑ Have important numbers saved in your phone.
- ☑ Keep your bag by the door during the last few weeks.



A Meaningful Extra

Write a note or letter to your baby. It could be a wish, a hope, or just a memory from pregnancy. A small thing that becomes something cherished.

Postpartum Self-Care Plan

You're recovering and adjusting. This plan helps you prioritize yourself too.

Physical Care

- Schedule your postpartum visit, usually around six weeks.
- Drink water and eat simple, nourishing meals.
- Use pads, peri bottles or pain spray as needed.
- Ask your provider about pelvic floor or breastfeeding support.

Emotional Support

- Write down how you are feeling each day, even a few words.
- Talk with someone you trust, such as a partner, friend or counselor.
- Rest when you can, even if it is only a short nap.
- Know the signs of postpartum depression or anxiety, and reach out early.

Support Network

- Ask for help with meals, chores or baby breaks.
- Set a visitor plan that feels right for you.
- Keep important numbers handy, including the mental health hotline, nurse line and clinic.

Your Baby's First-Year Vaccines

Vaccines help protect your baby from serious illnesses. Your provider will go over this schedule with you and answer any questions you have.

Age	Dtap	Hep A	Hep B	Hib	IPV
Birth			✓		
1-2 months			✓		
2 months	✓			✓	✓
4 months	✓		✓	✓	✓
6 months	✓			✓	
6-18 months			✓		✓
12-15 months				✓	
12-18 months					
12-24 months		✓			
15-18 months	✓				

Age	MMR	PCV/ PPSV	RV	Var
Birth				
1-2 months				
2 months		✓	✓	
4 months		✓	✓	
6 months		✓	✓	
6-18 months				
12-15 months	✓	✓		
12-18 months				✓
12-24 months				
15-18 months				

One Last Thing Before You Go

There is no single way to prepare for a new baby. Some days will feel calm, and others may feel unsure. You are doing something big, and you are not doing it alone.

After your baby is born, make sure to schedule your postpartum visit. Most people are seen between 1 and 12 weeks after giving birth. This checkup helps your provider support your healing, mental health and questions about feeding or birth recovery.

Umpqua Health Alliance is here to support you through pregnancy, birth and your baby's first year. If you ever need help finding a provider, scheduling a ride or understanding your benefits, we are only a call away.

Take things one step at a time.
Take care of yourself.

Reach out when you need support. That is what we are here for.

Your Umpqua Health Alliance team

Get this information in any language or format for free. All interpretation services are free. Call 541-229-4842 (TTY 711).

Obtenga esta información de forma gratuita en cualquier idioma o formato. Todos los servicios de interpretación son gratuitos. Llame al 541-229-4842 (TTY 711).

MATERNITY GUIDEBOOK

Your Health, Our Purpose

Creating Pathways to
Better Lives

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Roseburg, OR 97470

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