

Here for Indiana Families

Our name—My Healthy Baby—explains why we are here. We want to do all we can to help you have the best pregnancy, childbirth and new-life experience you can.

Sometimes there are bumps in the road, and your family support provider can help you through those, too. We want all families to feel supported and confident during this important time of life.

Ways to Get Started

There are four ways to get started with My Healthy Baby:

- 1 You might receive a phone call from us, so if you hear a voicemail from the Indiana Department of Health, be sure to call back.
- 2 Learn more and fill out the short form at MyHealthyBabyIndiana.com.
- 3 Call us at **844-624-6667**.
- 4 You can refer a loved one or patient with the form located at MyHealthyBabyIndiana.com/referral.

We look forward to connecting with you during this exciting, worrisome, joyous time in your growing family's life.



My Healthy Baby

My Healthy Baby is a joint collaboration of the Indiana Department of Health, Family and Social Services Administration and Department of Child Services.



**Connecting Families to
Free Pregnancy and Infant
Support in Indiana**



Connecting You to Local Support

Whether it's your first baby or you're already a mom, you have lots to think about during pregnancy and after your baby is born.

My Healthy Baby connects you to free, one-on-one support in your community, which can be a helpful addition to guidance you might already get from family and friends.

Meeting You Where You Are

My Healthy Baby connects you to a local family support provider who can confidentially discuss your questions with you. You will meet with your family support provider in a place that is comfortable for you—either at home or in a public space like a library or park.

There are steps you can take to ensure a healthy pregnancy from the very beginning, so it's best to connect with My Healthy Baby as soon as you have a positive pregnancy test.

What to Expect During Your Visits

During your first visit, you will get acquainted with your family support provider and decide how often to get together. Usually, the visits last about an hour. You will be able to discuss how you're feeling about your pregnancy. Together you can decide the topics to cover, which could be things like...

- *Why do I feel so tired?*
- *How will I get to my doctor appointments?*
- *What if my family smokes?*
- *How will I afford diapers?*
- *Where do I go for childcare?*

You can continue getting guidance even after your baby is born unless you decide to stop the visits sooner.

