

## Here are the prenatal providers located in Gadsden County:

Nature Coast Women's Care  
Chukwuma Okoroji, MD  
23186 Blue Star Hwy,  
Quincy, FL 32351  
**(850) 320-6054**  
Mondays 8am-12pm  
[www.NatureCoastWomensCare.com](http://www.NatureCoastWomensCare.com)

Tallahassee Memorial Hospital (TMH)  
Anderson-Brickler Midwifery  
AD Brickler, MD  
178 LaSalle Leffall Drive,  
Quincy, FL 32351  
**(850) 431-4500**  
Wednesdays 9am—12pm  
[www.TMH.org](http://www.TMH.org)

Capital Regional Medical Center (CRMC)  
Jolita Burns, MD  
23186 Blue Star Hwy,  
Quincy, FL 32351  
**(850) 875-6300**  
Every 2nd Friday 8:30am-12pm  
[www.CapitalRegionalWH.com](http://www.CapitalRegionalWH.com)



## Why Early Prenatal Care?

It's important to get early and regular prenatal care even if you feel fine because most problems, if caught early, can be corrected before they become serious.

You may also be less likely to deliver too early and you may have a healthier pregnancy and baby.

### Tips to help keep you and your baby healthy:

1. Make an appointment with your doctor.
2. Get regular prenatal care.
3. Eat a healthy, nutritionally balanced diet.
4. Take prenatal vitamins with folic acid.
5. Ask your doctor before taking medications.
6. Avoid caffeine, alcohol, cigarettes & drugs.
7. Manage stress and get plenty of rest.

This informational flyer was created by the **Gadsden Home Visiting Partnership.**



# Think you may be pregnant?



Starting prenatal care early can help you have a healthy baby.

HOW TO GET STARTED





## STEP #1

### Get an Official Pregnancy Test

#### At Your Doctor's Office

If you have a doctor you see regularly or already go to an OB/GYN for well woman care/family planning, call the office and request an appointment to get a pregnancy test.

#### If You Don't Have a Doctor

You can call and make an appointment at either of these two locations:

- Department of Health,  
Gadsden County  
278 Lasalle Lefall Drive  
Quincy, FL 32351  
**(850) 875-7200**  
(Pregnancy tests cost \$12)
- The Pregnancy Center of  
Gadsden County  
106 1st Street NE  
Havana, FL 32333  
**(850) 539-1221**  
(Pregnancy tests are free of charge)



## STEP #2

### Get Regular Prenatal Care Services

#### If You Already Have a Doctor

Be sure to follow all of your doctor's instructions and keep your prenatal visits. Keeping in communication with your doctor can help to improve your chances of having a healthy pregnancy.

#### Don't Have a Doctor? Select One

You can select a doctor through your medical insurance.

If you do not have insurance, you can apply to find out if you are eligible for Medicaid.

- The Department of Health,  
Gadsden County, can assist pregnant women with applying for pregnancy Medicaid. **(850) 875-7200**
- The Department of Children and Families (DCF) ACCESS Office also has computers that can be used to apply for pregnancy Medicaid.  
  
DCF ACCESS Office  
6 S. Key Street  
Quincy, FL 32351



## STEP #3

### Discover Other Resources in the Community

#### TRANSPORTATION

- Big Bend Transit **(850) 627-9958**  
Various transportation services are available for travel in and out of the county.
- If needed, you can contact your Medicaid provider to sign up for the Transportation Disadvantage program.

#### NUTRITION

- WIC **(850) 875-7200**  
WIC provides healthy foods, nutrition education and counseling, and breastfeeding support at no charge for eligible families. Located at the Department of Health, Gadsden County.

#### TEXT4BABY

- Visit **text4baby.org** or download the app for doctor appointment reminders and pregnancy information delivered right to your phone through free text messages.

***Don't forget to ask your doctor about the HEALTHY START SCREEN!***

*The Healthy Start screen is a short questionnaire provided at the first prenatal care visit to the doctor. It can help identify services which can help you have a healthy baby.*