

BEAR RIVER HEALTH DEPARTMENT HOME VISIT SERVICES FOR MOM & BABY

WHO IS ELIGIBLE

- Pregnant women currently on Medicaid with the following plans:
 - Molina
 - Health Choice
 - Healthy U
- Any child under the age of four who is currently on any type of Medicaid.



Cache County
655 East 1300 North
Logan, UT 84341
435.792.6500

Box Elder County
817 West 950 South
Brigham City, UT 84302
435.734.0845

Tremonton
440 West 600 North
Tremonton, UT 84337
435.257.3318

Randolph
275 North Main St.
Randolph, UT 84064
435.793.2245

Garden City
115 South Bear Lake Blvd.
Garden City, UT 84028
435.881.3383

24-Hour Public Health Emergency Number
1.877.229.8825

Hours of Operation:
Monday - Thursday:
8:00 a.m. - 6:00 p.m.
Friday:
8:00 a.m. - 1:00 p.m.

brhd.org



**WE'RE HERE FOR YOU
AND YOUR BABY!**

Are you expecting a baby? Has your little one already arrived? With all the changes you are experiencing, you may have questions or concerns. You are not alone! Bear River Health Department offers in-home visits from our nurses who can provide support, resources, and answers to all of your questions.



**CALL US TODAY, TO
SEE IF YOU QUALIFY!**

435.792.6500

HOW CAN WE HELP?

Our nurses are educated and trained to help:

- Provide support through home visits and phone calls.
- Listen to the needs and concerns of you and your family.
- Educate about pregnancy and babies.
- Connect you to community resources (I.e. WIC, car seat checks, breastfeeding support, mental health resources, housing, prenatal classes, etc.)
- Encourage prenatal care and routine visits with your doctor.
- Educate about developmental milestones of your baby and provide ideas of activities you can do with them.
- Recommend ways to help keep you and your baby healthy.



WHICH TOPICS ARE COVERED?

The nurse will follow your lead and individualize topics according to your needs. Topics included:

PRENATAL:

- Common discomforts in pregnancy.
- Exercise and healthy eating.
- 1st, 2nd, and 3rd trimester.
- Labor and delivery.
- Warning signs in pregnancy.
- What to expect when baby arrives.

NEWBORN & INFANT:

- Baby is here, now what?
- Developmental milestones for baby.
- Taking care of baby.
- Bonding/attachment.
- Communicating with your infant.
- Reading infant cues.

CHILDREN UP TO AGE 4:

- Developmental milestones.
- Parenting and individual questions.



WHAT TO EXPECT DURING YOUR VISIT:

The nurse will coordinate a time to meet with you in your home. Visits usually last about one hour, depending on the topic and any questions you may have. You can invite Dad or anyone else you'd like to be present for the visit. You and your nurse will make a plan of how often you'd like to meet and which topics you'd like to discuss.

We recommend a visit during each trimester, a labor and delivery visit, and a postpartum visit. After the baby arrives, you can continue to receive visits until your child is 4 years old as long as the child is on Medicaid.