FREE GUIDE FROM THEWAY HELP

Michigan pregnancy help checklist

Practical steps and free help for a pregnancy in Michigan. Tick them off as you go.

This week

- [ ] Get a pregnancy test and an ultrasound to confirm the pregnancy and how far along you are. Many pregnancy centers do both free.
- [ ] Make a first prenatal appointment with a doctor or midwife.
- [ ] Write down your questions, and who you can talk to about them.

Health coverage and food

- [ ] Apply for Michigan Medicaid. It covers pregnancy and the 12 months after birth for incomes up to 195% of the federal poverty level.
- [ ] Apply for WIC for healthy food and nutrition help. Call 211 to start.
- [ ] If you're on Medicaid, ask about the Maternal Infant Health Program: free home visits from a nurse and a social worker.

Getting ready for a baby

- [ ] Ask a local pregnancy center about free diapers, wipes, clothes, a car seat and other baby items.
- [ ] Ask about parenting classes, if you'd like them.
- [ ] If you're thinking about adoption, ask a pregnancy center to connect you with a licensed agency.

Numbers to keep

- Emergency: 911
- Suicide and Crisis Lifeline: call or text 988
- Help finding local services, including WIC: 211
- Michigan Safe Delivery of Newborns hotline, 24 hours: 1-866-733-7733
- Find a free pregnancy center: thewayhelp.com/pregnancy/find-help

Sources

Michigan WIC: michigan.gov/mdhhs/assistance-programs/wic
Michigan Medicaid eligibility: michigan.gov/mdhhs/assistance-programs/medicaid/health-care-programs-eligibility
Maternal Infant Health Program: michigan.gov/mihp/families
Michigan Safe Delivery of Newborns fact sheet, Michigan Department of Health and Human Services

If this is an emergency, call 911. If you feel you can't cope, call or text 988, any time, free. TheWay Help does not provide or refer for abortions and is not a medical provider. This is general information, not medical advice. thewayhelp.com