

Early and regular check-ups

are important to you and your baby's health.



Here's how you can get the care you and your baby need.

Local PCAP/MOMS Programs

BROOME

Lourdes DeMarillac Program 303 Main Street Binghamton 13905 607-584-4549	UHS Women's Health Center 33-57 Harrison Street Johnson City 13790 607-763-6786
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CHENANGO

Planned Parenthood
24 Conkey Ave.
Norwich 13815
607-336-8269

CORTLAND

Cortland Health Department 60 Central Avenue Cortland 13045 607-753-5134	Family Health Network 11 Alvena Avenue Cortland 13045 607-758-3008
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DELAWARE

See Broome/Otsego County Listings

OTSEGO

Bassett Healthcare 1 Atwell Road Cooperstown 13326 607-547-3091	Women's Health at FoxCare One FoxCare Drive Oneonta 13820 607-432-3711
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TIOGA

Guthrie Clinic, Ltd.
Guthrie Square
Sayre, PA 18840
(570) 882-2556

TOMPKINS

Tompkins Health Department
401 Dates Drive
Ithaca 14850
607-274-6622

Website: www.mothersandbabies.com

For questions or for more information please call:



Mothers & Babies
PERINATAL NETWORK

1-800-231-0744 or 607-772-0517

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Dept. of Health, Bureau of Women's Health.
NYS Growing Up Healthy Hotline: 1-800-522-5006

Pregnant?

Protect yourself and your baby.



A healthy baby starts with a healthy pregnancy.

1 (800) 231-0744



Complete Pregnancy Care

The Prenatal Care Assistance Program (PCAP) can help you get the care you need for you and your baby. PCAP offers complete pregnancy care and other health care services to women and teens who live in New York State. The Medicaid Obstetrical and Maternal Services (MOMS) Program provides complete pregnancy services in areas of the state where PCAP health centers are not located. And there's no cost to eligible women who participate in MOMS or PCAP!



What Services can I get?

PCAP/MOMS offers
you and your baby:

- **Routine** pregnancy medical check-ups, lab work, and access to specialists
- **Hospital care** during pregnancy and delivery
- **Information** about pregnancy, labor and delivery
- **HIV** counseling and testing
- **Help** in applying for other programs such as WIC and low or no cost health insurance for your children and family
- **Full health care for you** until at least two months after delivery
- **Health care for your baby** for at least one year after birth
- **Family planning** services
- **And more!**



Who can get PCAP/MOMS Services?

Women and teens who live in New York State who are pregnant and meet certain income guidelines can receive complete medical care during pregnancy, delivery and for at least two months after delivery. You may be eligible even if you have health insurance.

All of your pregnancy care is confidential.

