

For a Healthy Pregnancy

- Get regular medical care beginning early in pregnancy
- Eat a variety of healthy foods such as: fruits, vegetables, whole grains, dairy and lean meats
- Avoid caffeine, alcohol, drugs, and smoking
- Make healthy choices for you and your baby



**We look forward
to serving you and your
family!**

Clinton County Health Department

Health Care Services Division
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Monday – Friday

8 am—5 pm

Visit us on the web at



Clinton County does not discriminate on the basis of color, national origin, sex, sexual orientation, religion, age, or disability in employment or the provision of services.

Pregnant?

IMPROVED
PREGNANCY
OUTCOME



Choose this program to help
you be a healthy mom and to
have a healthy baby



Clinton County Health Department

IMPROVED PREGNANCY OUTCOME (IPO)

Everyone wants a healthy pregnancy and newborn.

The goal of the IPO program is to help pregnant women:

- Receive early and ongoing prenatal care
- Stay well during pregnancy and manage symptoms effectively
- Have a full-term baby with a healthy birth weight
- Be prepared for parenting



THIS PROGRAM IS FREE!
IPO HAS NO INCOME GUIDELINES

IPO HAS HELPED PREGNANT WOMEN ...

- Learn more about their pregnancy
- With first time pregnancy
- With health problems that affect their pregnancy
- With a history of having babies that were born too early
- Prepare for breastfeeding
- With depression/mental health needs
- Find a medical provider
- Find insurance
- Quit smoking

WHO IS ELIGIBLE?

Pregnant women living in Clinton County with health concerns that might affect their pregnancy.



HOW DO I GET STARTED WITH IPO?

- You may call to see if IPO would be right for you
- Your doctor or other agencies can refer you to IPO with your approval



WHAT SERVICES ARE PROVIDED?

A nurse will:

- Meet with you at a time and place that works best for you
- Provide information on pregnancy and giving birth
- Supply you with a Dental kit
- Work with your doctor to provide the best care during your pregnancy
- Provide Newborn/Postpartum visits