




# KNOW HOW

## Maternal Health Services

-  **Make an appointment**  
Call to schedule an appointment
-  **Bring proof of residence**  
*Such as a current utility bill*
-  **Bring proof of income OR any means of financial support for your household**  
*Examples:* Recent paycheck stubs, letter of certification from ANY public assistance programs, recent tax return **ONLY** for self-employed. We also accept a wage verification form. This form is provided by the Health Department and should be completed by your employer stating your gross income and frequency of pay.


Income information is needed to help us figure the sliding fee discount for self-pay patients

### Referrals Available:


- Breastfeeding Peer Counseling
- Care Coordination for Children
- Dental Clinic
- Immunizations
- Pregnancy Care Management

## Did you Know?

### Folic Acid (Folate) Facts

 This important vitamin helps protect your baby from brain and spinal defects. This vitamin also called B9 is found in prenatal vitamins and citrus fruits.

# Health Department Family Services

-  **Child Health**  
Provides well child exams and vaccinations to infants and school-aged children.
-  **WIC**  
Available to women who are pregnant and breastfeeding. \*Children up to 5 years of age.
-  **Dental**  
Provides basic dental services to Iredell County residents of all ages.
-  **Family Planning**  
Available to women who want to become pregnant or prevent unintended pregnancies.
-  **Maternal Health**  
Prenatal services for low-risk pregnancies.
-  **Immunizations**  
Provides all required and most recommended vaccines to infants, children and adults.
-  **Lab Services**  
Offers a variety of lab testing, most without a physician's order.

## STATESVILLE HEALTH DEPARTMENT



**318 TURNERSBURG HWY.**  
PHONE (704) 878-5300  
FAX (704) 878-5311  
Hours: 8 am - 5 pm M-F

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

**Visit our website for more information:**  
<https://www.co.iredell.nc.us/161/Health-Department>



# Maternal Health

## Prenatal & Postpartum Care

## Iredell County Health Department



It is our mission  
to promote and protect  
personal, community, and  
environmental health.



**Public Health**  
Prevent. Promote. Protect.

# NEW MOM

## Before and After Baby



Your health and the health of your growing baby is important to us. We recognize the community's need for local, affordable prenatal services. Our Maternal Health Clinic provides early and continuous prenatal and postpartum care for low-income women. We accept low-risk pregnant residents of Iredell County. We monitor the growth and wellness of you and your baby to ensure a safe and healthy delivery.

## Low Risk, Low Income

### Services Available

- Mom and baby exams
- Healthy baby development
- Prenatal vitamins and iron
- Health education
- 20 week gestation ultrasound

### Parent/Guardian Education

- Nutrition and diet
- Sleep and safety of child
- Immunizations/childhood diseases
- What development to expect
- Warning signs during pregnancy

Prenatal & Postpartum Care

### First 28 weeks

- Every 4 weeks

### 28-36 weeks

- Every 2 weeks

### 36 weeks until delivery

- Every week

### After delivery

- 6 week for post-partum



## Iredell County Health Department Maternal Health

(located in Statesville)  
Hours By Appointment  
Monday-Friday  
8:00 AM to 5:00 PM

### 704-878-5300

Please arrive on time for your appointment.  
If you are late, we may need to reschedule.

- Medicaid, NC Health Choice and most insurances accepted.
- For those without insurance, you may qualify for a sliding scale discount.
- Payment is expected at time of service.

### If you are pregnant or hope to become pregnant

Take folic acid

Avoid alcohol, tobacco, drugs

Follow a healthy diet

Limit caffeine intake

Maintain a healthy weight

Get regular dental check-ups

## HEALTH INFO

### For Pregnant, Postpartum

If you are a healthy pregnant or postpartum woman, physical activity is good for your overall health. Physical activity, such as brisk walking, keeps your heart and lungs healthy during and after pregnancy. Physical activity also helps improve your mood. After you have your baby, exercise will help with weight loss.

