



CalOptima Health's *Bright Steps* Maternity Program

Give your baby the best start by joining *Bright Steps* as soon as you find out you are pregnant.

Bright Steps is a no-cost program that provides eligible CalOptima Health members:

- Support during and after your pregnancy
- Nutrition and healthy habits advice for you and your family
- Community referrals that support a healthy pregnancy and baby
- Information on how to obtain a breast pump

Eligible members may receive a \$25 reward if a postpartum checkup is done within 1 to 12 weeks after your baby is born. Call us today to find out how!

To learn more, call CalOptima Health Customer Service toll-free at

1-888-587-8088 (TTY 711)

Monday–Friday, from 8 a.m.–5:30 p.m. We have staff who speak your language. Visit us at www.caloptima.org/brightsteps.



CalOptima Health, A Public Agency

Bright Steps Flyer_E
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