

Ways to be good to your baby! (Before he or she arrives)

- Eat healthy, well-balanced meals.
- Gain a moderate amount of weight; usually, 25-30 lbs is recommended.
- See your doctor early and often and whenever you have any problems.
- Unless your doctor says no - exercise every day. Walking is great for both of you and it's free.
- If you smoke - quit!
- If you're using or abusing alcohol or drugs, stop now and call Alcoholics Anonymous or Narcotics Anonymous. Your MOMS nurse can help you get in touch with resources to help get clean and stay clean.

Contact Us

Call for an appointment

Phone: (775) 445-7395

Address: 1460 So. Curry St.

Carson City, NV 89703

Hours: Mon. - 8:00 AM to 2:00 PM

Tues. - 8:00 AM to 2:30 PM



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CarsonTahoe.com



The
MOMS Clinic
is here for you.

Prenatal Services for
Active Medicaid women



What is the MOMS Clinic?

The Carson Tahoe Women & Children's Center ensures all area residents have access to pre and postnatal medical care by offering a specialized program for Medicaid-eligible women. Our award-winning MOMS Clinic (Maternal Obstetrical Management Services) provides care for women throughout their pregnancy, as well as their six-week check-up following the birth of their baby.

Why Prenatal Care?

Prenatal care is the foundation of a healthy pregnancy, labor, and delivery. Early and regular prenatal care is very important to the health of your baby and to your own health during pregnancy. If problems do arise, regular visits to the doctor can allow him or her to identify and treat complications as soon as possible. Studies also show that compared with babies whose mothers get prenatal care, those who don't have a greater risk of low birth weight and of death.

Who is eligible?

If you're pregnant, Medicaid-eligible, and a legal resident of the State of Nevada, the MOMS Clinic could be the answer for you.

Will Medicaid pay for all my pregnancy care?

Yes, Medicaid pays for:

- ✓ Your checkups (prenatal care) before the baby is born
- ✓ Your lab and x-rays
- ✓ Your prenatal vitamins
- ✓ Labor and delivery
- ✓ Your hospital care after the baby is born
- ✓ Everything but circumcisions
- ✓ Lactation Services

Medicaid will also help with maternal support services for some pregnant women. These services include:

- Transportation for your doctor visits
- Childbirth Education Classes
- Classes about how to care for your baby
- Help with food and learning to prepare well-balanced meals
- Help with personal problems that make it difficult to follow through with prenatal care

"A baby is something you carry inside you for nine months, in your arms for three years, and in your heart until the day you die."

