



Prenatal Care Program Registration

Congratulations on your pregnancy! Molina Healthcare's Health Improvement Program invites you to sign up for our prenatal care program. Session 1 is the *Pickles and Ice Cream* prenatal care class. Session 2 is the valuable Car Seat Safety class!

To register, fill out and return the form below. You must attend Session I before attending Session II. Class size is limited so sign up soon!

Session I <i>Pickles and Ice Cream</i> Prenatal Care Class	Session II Car Seat Safety Class	Optional ½ Hour <i>Healthwise</i> <i>Handbook</i> ® Self-Care Class
<ul style="list-style-type: none"> ♥ How your baby grows each month of your pregnancy ♥ Body changes and emotions ♥ Eating healthy for two & exercise tips ♥ Common concerns during pregnancy ♥ Be aware of signs of labor ♥ How men can be more active in the pregnancy ♥ Caring for your newborn ♥ How your baby grows during the first year of his life ♥ What shots your child will need to protect from diseases 	<ul style="list-style-type: none"> ♥ Why it is important to buckle up your baby with each and every ride in a car ♥ Why it is so important that infants sit in the rear-facing car seat position ♥ Choosing a car seat that fits your child's age and weight ♥ Proper seat belt use ♥ When to use a booster seat ♥ When to replace your car seat ♥ How to know if a car seat is safe <p>At the end of class you will receive a name brand car seat for infants and toddlers 5 to 40 pounds (a \$50 value).</p>	<ul style="list-style-type: none"> ♥ What to do when you or your family member is sick or injured. ♥ How to prepare for doctor visits. ♥ How to make wise choices about medical tests, medications and procedures. ♥ How to make healthy lifestyle choices that will improve you and your family's health. <p>You will get your own <i>Healthwise Handbook</i>®, which has information on more than 200 common health conditions!</p>

PRE-REGISTRATION IS REQUIRED! Participants can not take part in the class if they have not pre-registered using this form.

Molina Healthcare – Prenatal Care Program

To register, fill out and return this form after choosing your preferred class date(s). Class size is limited to 15 participants.

- I am a Molina Healthcare member – no charge
- I am a Community member – call us for class fee

Preferred date for Session 1 _____ * Preferred date for Session 2 _____ *

* Class size is limited; if the class is full, we will call you to choose another class date.

- I live outside Albuquerque. Please register me in the Self-Paced Prenatal Program to complete by mail.
- Yes, please send my class materials in Spanish.

Member Name _____ Mailing Address, City, State, Zip _____

Molina Healthcare Member ID # OR SS # _____ Phone Number (s) _____ Due Date _____

Have you ever had a **HIGH RISK** pregnancy (whether now or in the past) because of pre-term labor, diabetes, smoking or depression? No Yes If yes, please list all risks here: _____

Return completed Registration Form to:
 Molina Healthcare/Health Improvement Program, 8801 Horizon Boulevard NE, Albuquerque, NM 87113
 Health Improvement Hotline: 1-800-377-9594 extension 182618; in Albuquerque call 342-4660 extension 182618
 Visit us at www.molinahealthcare.com



****** Class dates for members who live in Albuquerque-area ONLY ******
All participants must be PRE-REGISTERED before attending a class

Session 1 Prenatal Education

Women's Hospital
 4701 Montgomery Road NE
 Albuquerque, NM

Location: Auditorium A

Saturday class meets from 9 AM - 12:30 PM
Thursday class meets from 6 PM - 9:30 PM

Saturday, November 19, 2005
Thursday, December 15, 2005
Saturday, January 7, 2006
Thursday, February 9, 2006
Saturday, March 4, 2006
Thursday, April 6, 2006
Saturday, May 6, 2006
Thursday, June 15, 2006
Saturday, July 8, 2006
Thursday, August 10, 2006
Saturday, September 9, 2006
Thursday, October 12, 2006
Saturday, November 4, 2006
Thursday, December 7, 2006

Session 2 Car Seat Safety

Women's Hospital
 4701 Montgomery Road NE
 Albuquerque, NM

Location: Auditorium A (unless noted otherwise)

Class meets from 6 PM – 7:30 PM

Tuesday, November 22, 2005
Tuesday, December 20, 2005
Thursday, January 12, 2006
Thursday, February 16, 2006 (Auditorium B)
Thursday, March 9, 2006
Thursday, April 13, 2006
Thursday, May 11, 2006
Thursday, June 22, 2006 (Auditorium B)
Thursday, July 13, 2006
Thursday, August 17, 2006 (Auditorium B)
Thursday, September 14, 2006
Thursday, October 19, 2006 (Auditorium B)
Thursday, November 9, 2006
Thursday, December 14, 2006