

Branch-Hillsdale-St. Joseph Community Health Agency

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FOR IMMEDIATE RELEASE

Expecting But Don't Know What to Expect?

Hillsdale, MI – Stretch marks, morning sickness, childbirth, diapers, burping, feeding, soft spots, shots, car seats and the list continues. Being pregnant or having a newborn can be overwhelming! Get the support and education you need. Whether you're feeling overwhelmed, nervous, excited or confused the Branch-Hillsdale-St. Joseph Community Health Agency can answer all your pregnancy and parenting questions through their new Maternal Infant Health Program (MIHP) in Hillsdale County.

MIHP is a program for all Michigan women, who are pregnant with Medicaid health insurance, and their infants. MIHP provides support to promote healthy pregnancies, good birth outcomes and healthy infants. Services include:

- **Transportation reimbursement assistance** to all medical and WIC appointments so that you can get the care you need.
- **Free child birth and parenting classes** so you can know what to expect and are well prepared to handle any pregnancy or parenting situation.
- Visits either in the office or at your home with a registered nurse, who can answer your questions about the changes your body is undergoing.
- Advice from an infant mental health specialist about your growing infant.

- Help from a nutritionist on how to eat, what to feed your growing family, and where to find the best deals on food.
- Help accessing lots of community resources – who may give away **free baby items!**
- Referrals to WIC, Immunization Clinics and other community resources

“Infant mortality has been placed on Michigan’s health and wellness dashboard by Governor Synder as one of the indicators to measure the state’s health. Over the past few years, Michigan has had one of the worst infant mortality rates in the country. The Branch-Hillsdale-St. Joseph Community Health Agency has selected this program, building on the successes of both the WIC and Healthy Beginnings’ programs, to help improve pregnancy outcomes. This new program helps women make healthy choices, and provides tools and resources needed to deliver and raise healthy babies.” Wilczynski adds, “I am so excited to be a part of this program.”

The Maternal Infant Health Program can help make all your grand expectations come true while expecting and after you deliver. You’ll be able to worry less and sleep more! MIHP will help you connect with community services that can help you get FREE baby items, FREE transportation reimbursement assistance, FREE health evaluation with health professionals, FREE classes, and FREE knowledge. Keep you and your baby healthy; know what to expect. Whatever your pregnancy and infant needs may be, MIHP can help. To join call 517-437-7395, visit us at www.bhsj.org, or ask your family doctor for a referral.

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