



**To:** IEHP OB/GYN Providers  
**From:** IEHP – Provider Relations  
**Date:** October 2, 2018  
**Subject:** **Healthy Me, Healthy Baby Prenatal Workshop**

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## IMPORTANT ANNOUNCEMENT

We are pleased to announce IEHP’s Healthy Me, Healthy Baby Prenatal Workshop! IEHP health educators are offering FREE prenatal workshops for IEHP Members.

These workshops help support quality patient care. Women who have taken such classes reported “greater trust in their Hospitals (60%) and Care Providers (54%) and less fear about medical interventions (58%),” according to a survey reported by the National Institutes of Health.

IEHP Members will learn about pregnancy and related topics, including:

- Keeping OB appointments and learning why this is important
- Understanding each trimester
- Recognizing signs of labor
- Preventing injury and more

We value our partnership with you – our Providers. Together, we will help Members get the prenatal education needed. We will offer workshops monthly at the IEHP Community Resource Centers (CRCs). Additional workshops will be offered in more locations in 2019.

### **IEHP Community Resource Center locations:**

- San Bernardino – 805 W. 2nd Street, Suite C, San Bernardino, CA 92410
- Riverside – 3590 Tyler Street, Suite 101, Riverside, CA 92503
- Victorville – *Coming next year*

Visit [www.iehp.org/crc](http://www.iehp.org/crc) for class schedules at the CRCs. IEHP Members can pre-register for a workshop by calling IEHP Health Education at (866) 224-4347, Monday – Friday, 8am – 5pm.

If you have any questions, please contact the Provider Relations Team at (909) 890-2054, Monday – Friday, 8am – 5pm, or email [ProviderServices@iehp.org](mailto:ProviderServices@iehp.org).

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3489119/>