



## CalOptima'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 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 no-cost \$50 gift card if a postpartum checkup is done within 1–12 weeks after the baby is born. Call us today to find out how!

**TO LEARN MORE, CALL**

**1-714-246-8895**

Or call CalOptima Customer Service toll-free at **1-888-587-8088** and ask for the Health Management department. TDD/TTY users call toll-free at **1-800-735-2929**. We have staff who speak your language. We are here to help you Monday through Friday, from 8 a.m. to 5 p.m. You can also visit our website at [www.caloptima.org/brightsteps](http://www.caloptima.org/brightsteps).

*The people in the photographs that appear in this document are models and used for illustrative purposes only.*

(06/20)

