

Frequently Asked Questions:

What is the cost for participation?

This health profile is free.

What do I get for participating?

- ♥ A \$10 gift certificate for the first 100 eligible women who complete the health survey.
- ♥ If selected, a \$25 gift certificate for completing a follow-up visit at CSULB.

What is the "Healthy Moms Healthy Babies Study?"

Women selected for the study will be asked to answer some questions about their health in person or by phone and might be eligible for a follow-up interview that will help us learn more about their pregnancy experience.

What is PRO-Health?

Partnerships in Research & Outreach for Health (PRO-HEALTH) promotes healthy lifestyles in our surrounding communities by providing a variety of health programs and services aimed at health promotion and disease prevention.

How often are the appointments?

- ♥ Just one appointment is needed to complete the health profile in person or by phone.
- ♥ If selected you may be asked to come to the PRO-Health office at CSULB to complete a follow up assessment.
- ♥ Appointments are flexible and staff will always try to work around your schedule.

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Healthy Moms Healthy Babies Study



Free Health Profile
for Pregnant Women!

Conducted by:
PRO-HEALTH
Partnerships in Research
& Outreach for Health

Supported by:
The National Institute on
Mental Health

Healthy Moms Healthy Babies Study

This health profile is FREE for those who qualify!

You Qualify if:

- ♥ You are in your second trimester of pregnancy.
- ♥ You are receiving prenatal care in Long Beach, CA.



Building a healthier bond between you and your baby.

This program will:

- ♥ Measure your mood and health, and ask you about your experiences during pregnancy.
- ♥ Advise you how to follow-up with your doctor if you are at risk for any health conditions.



You may be eligible if you are pregnant and:

- ♥ 18 years of age or older
- ♥ Between 10-24 weeks pregnant
- ♥ Fluent in English or Spanish
- ♥ Willing to participate in a health survey in person or by phone (~ 60 minutes)

For More Information

Contact:

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