



### Referrals to Other Services

Our MIHP team can provide many resources to you and your infant. For those questions or needs that we cannot provide solutions to, we will connect you with someone who can.

MIHP collaborates with these community services to provide you the opportunity to improve the health of both you and your child.

- Childbirth Classes
- Infant Education
- Immunizations
- WIC (Women, Infants, and Children)
- Well-Child Screenings
- Birth Control & Family Planning
- Housing
- Financial Resources
- Baby Pantries & Food Banks
- Local Community Agencies

If your baby or one of your other children has special needs, we will connect you with resources to help them get the care they deserve.



## MATERNAL INFANT HEALTH PROGRAM

### CONTACT INFORMATION

#### GRATIOT COUNTY

Mid-Michigan District Health Department  
151 Commerce Drive  
Ithaca, MI 48847  
Phone: 989-875-1024  
<http://www.mmdhd.org/mihp.html>  
(revised August 2014)



**MMDHD**  
MID-MICHIGAN DISTRICT  
HEALTH DEPARTMENT

*"Your public health team, connecting with our communities to achieve healthier outcomes."*

Maternal and Infant Support Services are available to Medicaid recipients at **no cost**.



The Mid-Michigan District Health Department is committed to providing services to pregnant women, infants and their families.

The Maternal Infant Health Program (MIHP) is a group of services for Medicaid women and their infants provided throughout pregnancy and the first year of life. Our MIHP team consists of a nurse, social worker, and registered dietitian who help you access solutions to your specific needs and offer guidance regarding your pregnancy or new infant.

**PROGRAM GOALS:**

- HEALTHIER PREGNANCIES
- BETTER BIRTH OUTCOMES
- HEALTHIER INFANTS
- EDUCATED MOMS
- HAPPIER FAMILIES

## beneficial support for you and your infant's health

### Find a Doctor

Seeing a physician for regular, prenatal care is essential in having a healthy pregnancy and baby. Our team can help you set up an appointment with a doctor in your area. They can also provide tips for managing chronic conditions—such as diabetes, asthma, or depression—during your pregnancy.

### Breastfeeding Support

Breastfeeding is the healthiest form of nutrition for infants, and has many health benefits for moms as well. Our MIHP team, along with peer counselors, offer breastfeeding education and support to answer your questions and help you confidently breastfeed your child.

“I really love our visits with the staff. They are very uplifting, encouraging, supportive, and kind.”

— MIHP Customer Satisfaction Survey



### Transportation Assistance

The MIHP team has vast experience working with various Medicaid health plans. They will be able to guide you to transportation assistance for medical appointments based on your Medicaid plan.



### Home Visits

Our staff will come directly to your home to offer program services and consultation, allowing care to be personal and convenient for you. Services are also provided at the office, if preferred.



### Nutrition and Feeding Options

Your body is changing during pregnancy and your diet must too. A dietitian will answer your questions about proper nutrition and help you make any dietary changes. Our team can help you access affordable, healthy food.



WWW.FACEBOOK.COM/MMDHD



Text **BABY** to 511411

Get **FREE** messages on your cell phone to help you through your pregnancy and your baby's first year.