



# Lincoln County Health Department

## Prenatal Care Program

### For More Information

Contact Lincoln County Health Department and ask to speak with Sue Kuber, RN, BSN, Public Health Nurse. She can answer any questions you have and sign you up for the FREE program.

**Lincoln County Health Department**  
607 N. Sales St., Suite 101, Merrill  
(715) 536-0307

Office Hours:  
Monday – Friday  
8:00 a.m. to 4:30 p.m.

[lincolncountyhealthdepartment.com](http://lincolncountyhealthdepartment.com)



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*Always working for a safer and healthier Lincoln County*

## Prenatal Care Program

By signing up for our FREE Prenatal Care Program, you will have the opportunity to meet with a public health nurse and receive information, support and resources that meet your needs during your pregnancy.

Services are available during your pregnancy and up to 60 days after your baby is born.

## Program Services

The Prenatal Care Program has three components: nurse visits, connection to resources, and education.

- 1 Meet with a public health nurse once a month at our office, your home or wherever is convenient for you.
- 2 Learn about community resources available for your family.
- 3 Get answers to your questions. Learn about self-care, stress management, quitting smoking, baby's development, labor and delivery, healthy eating, breastfeeding, car seats, safe sleep and anything else that interests you.

***Services are confidential.***

## Helpful Resources

### **Text4baby**

Text BABY to 511411 to get **FREE** messages on your cell phone to help you through your pregnancy and your baby's first year. [www.text4baby.org](http://www.text4baby.org)

### **Healthfirst WIC Program**

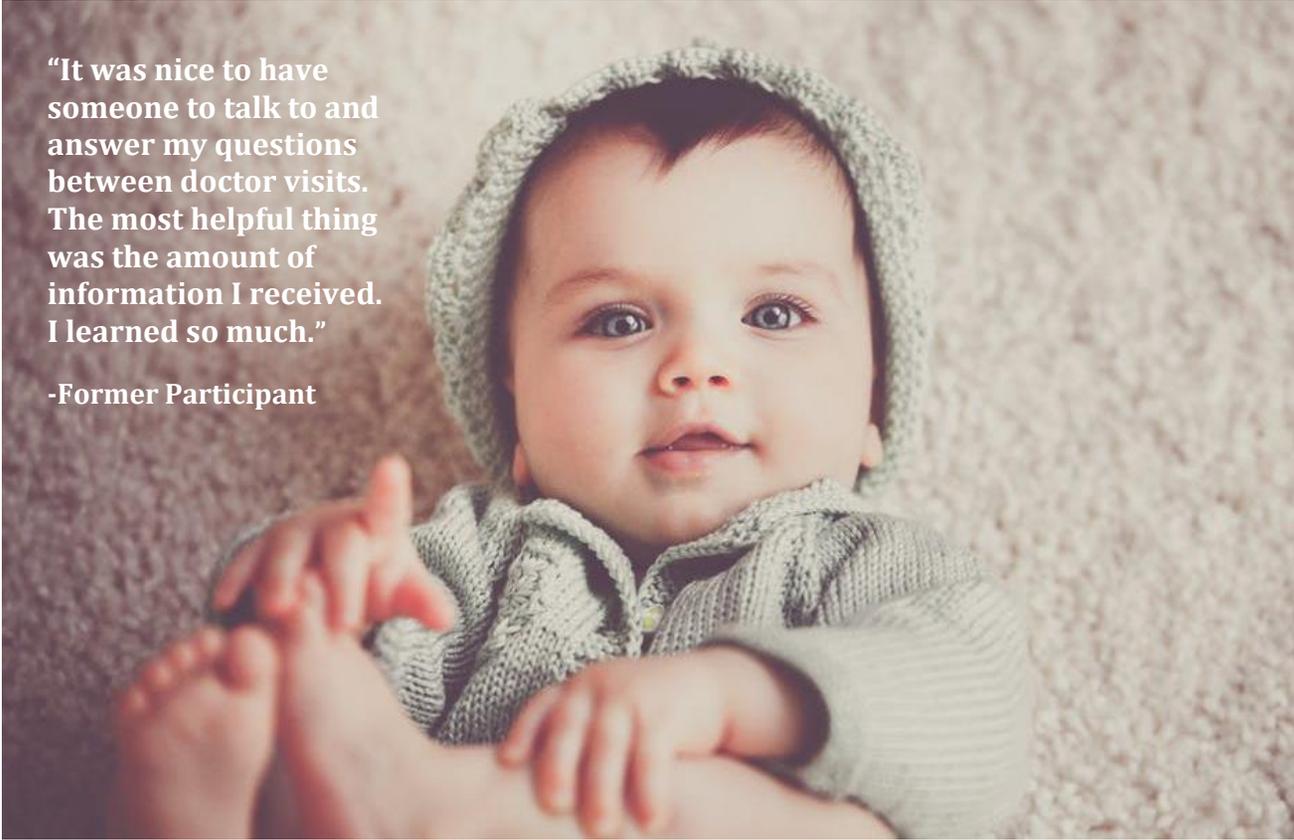
1-800-246-5743  
Supplemental food and nutrition education program for women and children.

### **WI Well Badger Resource Center**

1-800-642-7837  
Health information and referrals for your family. Services focus on family, health care, women's health and parenting.

### **Northern Income Maintenance Consortium**

1-888-794-5722  
FoodShare, Medicaid, BadgerCare and Child Care assistance.



**“It was nice to have someone to talk to and answer my questions between doctor visits. The most helpful thing was the amount of information I received. I learned so much.”**

**-Former Participant**