# MedStar Health

# Prince George's County
# Healthy Start



At Prince George's County Healthy Start, our mission is to ensure that every member of our community has access to essential resources to enhance their health and well-being. By collaborating with partners and embracing innovative approaches, we strive to create a community where optimal health is achievable for all.

Joining Healthy Start provides you with comprehensive support during your pregnancy and for up to two years postpartum.

**Our Services:**
- Lactation Consulting
- Health Education Courses
- Case Management
- Postpartum Care
- Referral management
- Family Advocacy
- Support Groups
- Chronic Disease Management
- Parenting Classes
- Peer Recovery Services
- Connection to Primary Care and OB/GYN Services

**Programs Offered:**
- Ask the Healthcare Professional
- Breastfeeding Support Groups
- Diabetes Prevention
- Safe Sleep Training

**Needs Addressed:**
- Food insecurity
- Diaper Insecurity
- Mother & Infant Care
- Housing Instability
- Utility Assistance
- Transportation Needs
- Interpersonal Safety
- WIC and SNAP Referrals

Our goal is to support your health before, during, and after pregnancy, ensuring your baby gets the best start in life. We listen to your needs and provide the resources necessary for a healthy pregnancy and baby.



For more information about the Prince George's County Healthy Start program, please visit **PGHealthyStart@medstar.net** or call **301-235-3410**.

## It's how we treat people.