

**Congratulations**

At Tomah we monitor our pregnant Veterans a little different than other VA’s. The Maternity Care Coordinator will be in contact with you throughout your pregnancy and for 1 full year following the birth of your baby monitoring for any signs or symptoms of depression and assisting with obtaining the needed services as quickly as possible.

Highlights of your pregnancy coverage with the VA:

* Prenatal care in private sector
* Educational classes for childbirth, parenting & lactation support
* Perinatal mental health care
* Genetic testing
* Labor, delivery, and postpartum exam
* Newborn care for 7 days of life starting at birth
* Breast pump, nursing bras, lanolin cream, and nursing pads
* Prescriptions
* Pelvic floor rehab