

This program is a benefit of Medicaid.

If you are interested in learning more about what this support program can offer, **call your local health department today!** Ask to speak to a MIHP specialist, and they will schedule to meet with you face-to-face.



**Take advantage of  
your Medicaid  
MIHP benefit – call  
today!**



Alpena: 989-356-4507  
Cheboygan: 231-627-8850  
Montmorency: 989-785-4428  
Presque Isle: 989-734-4723

**M**aternal  
**I**nfant  
**H**ealth  
**P**rogram

*An empowering program offering  
a one-to-one relationship with  
staff at DHD#4*



**District Health Department #4**

## What will I get if I join MIHP?

- How to access transportation to medical appointments, WIC, and childbirth or parent education classes, as needed.

### **An experienced health professional who will:**

- Discuss what to expect at your doctor's appointments.
- Answer questions about your pregnancy.
- Answer questions about caring for your baby.
- Provide you with resources for food, places to live, childbirth education and FREE baby items.
- Help you learn about preparing & eating healthy foods.
- Help with health problems that could affect your pregnancy, such as diabetes, asthma, high blood pressure, depression or anxiety.
- Encourage & support changes that you decide to make to be healthy, such as quitting or cutting down on smoking, alcohol or drugs.
- Help if you're concerned about abuse/violence in your life.
- Review spacing your pregnancies (birth control).
- Be there for you if problems or concerns come up.



## What we offer...

Our staff are eager to help you with:

- 1 to 1 support/relationship
- Breastfeeding education
- Connect you with local resources
- Meet your needs: education, travel issues
- Baby weight/measurement checks
- Developmental screenings for your infant
- Assistance and guidance in areas important to you.



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## What do participants say about MIHP?

### *Helpful Information and Resources*

- “It was great having someone here to answer my questions.”
- “I Learned what to expect when I was pregnant.”
- “I Learned about infant development. They spent more time with me explaining things than the doctor did.”
- “They gave me all the info I needed to be a good mom.”

### *Convenience*

- “I liked that they offer the convenience of coming to my home. I didn't have to take the children out.”
- “The home visits when I was pregnant and couldn't drive were the best.”

### *Friendly, Caring People*

- “I liked that they showed that they cared about how the baby and I were doing. They always made me feel very important.”
- “Just having someone to talk to who understood what I was going through.”
- “They gave me encouragement and a caring smile, and helped me with postnatal depression.”
- “The staff was super-friendly and understanding. I will miss them very much.”
- “In my opinion, everyone should be in this program. It is really helpful and I loved my MIHP women who came out to visit me.”