

A. A HEALTHY BEGINNING

MODULE 1

A healthy pregnancy depends partially on prenatal care.

Good prenatal care begins with regular visits to your health care provider. If your health care provider cannot offer this care, he/she can tell you where this care is available. If you don't have a health care provider, check with your Regional Health Authority.

Horizon Health Network

Website: <http://www.horizonnb.ca/>

Phone: (506) 623-5500

Toll-Free: 1-888-820-5444

Vitalité Health Network

Website: www.santevitalitehealth.ca

Phone: (506) 544-2133

Toll-Free: 1-888-472-2220

In the New Life on-line prenatal program we use the term “health care provider” to mean professionals who offer primary health care services to pregnant women, parents and families.

