

# Newborn Health Checklist:

Use this checklist in the first two months to keep track of each task.

## Enroll your baby in their own Medi-Cal plan:

- 1. Call your local Medi-Cal office to add your baby to your case.  
Riverside: **1-877-410-8827** | San Bernardino: **1-877-410-8829**
- 2. Call IEHP Enrollment Services at:  
**1-866-294-4347** | **1-800-720-4347** TTY  
M-F, 7am-7pm & Sat-Sun, 8am-5pm.
- 3. Find a doctor for your baby in IEHP's network at **[www.iehp.org](http://www.iehp.org)**.

Doctor's  
name:

Contact  
information:



**Did you know?** Your baby can be added under your own health insurance (mother's policy) only for the month of birth and the month after. Follow these steps to set up your baby's own coverage.

## Keep track of your baby's checkups and get their immunizations on time:

Early checkups ✓ when done	Immunizations	Date/location Write date & place of visit & immunization.
<input type="checkbox"/> <b>1 week</b>	<b>First Hepatitis B</b> dose (usually given at the hospital after delivery or at the first week visit)	<input type="text"/>
<input type="checkbox"/> <b>1 month</b>	<b>Second Hepatitis B</b> dose	<input type="text"/>
<input type="checkbox"/> <b>2 months</b>	<b>Rotavirus, DTap, Hib, PCV, IPV</b>	<input type="text"/>



**P.S.** In 1-3 months after delivery, set up your own doctor's visit for postpartum care. See the back of this flyer to learn about transportation to needed medical visits.

# FREE Wellness Resources



## IEHP 24-Hour Nurse Advice Line

(for IEHP members only):

**1-888-244-4347;**

TTY users should call **711**.



## Breastfeeding Support

Loving Support helpline:

**1-888-451-2499.**

## Baby-N-Me App

Pregnancy and new baby app:

Track your baby's growth and more.



## Transportation Service

For details and to see if you qualify for transportation services (e.g., bus passes), call our transportation vendor

Call the Car (CTC) at

**1-855-673-3195.**

## IEHP Health & Wellness Programs

See IEHP's Upcoming Events page at [www.iehp.org](http://www.iehp.org) or call Member Services.