

Your baby deserves a healthy start in life. And getting the best prenatal care possible is the first step. If you're a

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teenager and pregnant, Rochester Adolescent Maternity Program (RAMP) can help you have a healthy pregnancy and a safe birth.

A program of STRONG HEALTH, RAMP is the oldest prenatal program for teens in Monroe County. So we have a lot of experience with women

just like you. And we know how important good prenatal care is for both you and your baby.

# RAMP

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Rochester Adolescent  
Maternity Program  
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Providing health care  
to pregnant teens  
for more than 30 years

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FOR YOU  
and

YOUR BABY

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## How RAMP can help you

We have many dedicated, sensitive, and caring professionals on our team:

- ④ midwives
- ④ social workers
- ④ doctors
- ④ counselors
- ④ nurses
- ④ nutritionists

They're all here to help during your pregnancy and after your baby is born.



Through RAMP, you will receive medical care, learn about pregnancy, labor, and birth, and receive information about child care.

Ultrasounds are provided by a physician at Highland Hospital, and you will have your baby at Highland's Family Maternity Center. During labor and birth, you will receive excellent supportive care from one of our midwives. RAMP also provides individual and family counseling as needed. We also can help you continue with school or work while you are pregnant and after your baby is born.



### Ramp services include:

- ④ Pregnancy testing and counseling.
- ④ Centering for Teens (GROUP prenatal care)
- ④ Medical care for pregnancy.
- ④ Teaching and information about:
  - Pregnancy
  - Nutrition
  - Labor and birth
  - Care of your new baby
  - Birth control
- ④ Social work services
- ④ Information and referrals for:
  - WIC
  - Housing
  - Legal services
  - Medical care for your baby
  - Financial help
  - Dental care
  - Health insurance
  - Counseling

## WHERE TO FIND US

We are located in the URMC Medical Building at 905 Culver Road. This is where you will come for your appointments. Your baby's father, your family, and your friends

are welcome to come with you to your appointments. After all, they're important to you, too!

To make an appointment, call 275-2962. This may be the most important call you make for you and your baby. All information is both private and confidential.

Our services are covered by most insurance companies.

