



## Your care, Your way.

You can now book your first prenatal visit online when it works best for you.



### Steps:

1. Register or sign in to the LA Health Portal at <http://dhs.lacounty.gov/lahealthportal>
2. Click "Schedule an Appointment" and choose your preferred location, date and time.

#### Your First Visit

- Nurse appointment
- Lab work & vitals

#### Your Second Visit

- Doctor or midwife appointment
- Ultrasound & medical check-up



MAMA'S Neighborhood ~ a program designed for you and baby



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