# A Healthy You=A Healthy Baby

## If you're planning to have a baby or think you may be pregnant...

- See a healthcare provider for early check-ups
- Eat foods with folic acid (spinach, beans, oranges...)
- Exercise to be fit and reduce stress
- Don't drink alcoholic beverages, smoke, or use illegal drugs

**For more information call the Family Healthline:**

**1-800-328-3838**

**If you don't have health insurance or a healthcare provider, the Family Healthline can help find a provider near you.**

Jon S. Corzine
Governor

NEW JERSEY DEPARTMENT OF HEALTH AND SENIOR SERVICES

Heather Howard
Commissioner

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