

Addressing Prenatal Care through Telehealth Services for Agricultural Worker Women

Many women in the United States struggle to get the health care services during pregnancy and childbirth, also known as **prenatal care**. Some of the challenges that you, as a pregnant migratory and seasonal agricultural worker (MSAW) woman in rural communities, may find are:

- Few or no health centers or clinics in your area
- No prenatal doctors
- No transportation and support from family or friends
- Trouble finding housing and healthy food
- Low income



One way you can connect with health care services during your pregnancy is through **Telehealth**. Telehealth lets you connect with your doctor without going to their office, and you can do so through a video call, phone call, or secure text messaging. This resource explains the importance of prenatal care and how telehealth services can help you and your baby stay healthy without going to a health center or clinic.

Why Is Prenatal Care Important for You and Your Baby?

Finding care during pregnancy can help you and your baby stay healthy and address any complications on time. Connecting with your doctor through telehealth can help you:



Deliver your baby on time



Make sure your baby has a healthy weight at birth



Have fewer complications for both you and your baby



Get help with anxiety or depression



Have less risk of having diabetes and hypertension during pregnancy

What Prenatal Services Can You Get Through Telehealth?

Telehealth helps make prenatal care services easier to access and more flexible for you. You can stay connected with your doctors when travel or work schedules make in-person visits hard. Below is a list of some of these services:



Regular Checkups	You can meet with your doctor online to talk about: <ul style="list-style-type: none">• How is your pregnancy going• Check your blood pressure and weight from home• Talk about your baby's growth and any test results
Testing for High-Risk Conditions	If you're being checked for conditions like diabetes, high blood pressure, or infections, you can get help tracking your symptoms and guiding you through the next steps without having to go to the clinic.
Mental Health and Substance Use Check	You can speak privately with a counselor about stress, anxiety, depression, or substance use, like alcohol and tobacco, and get support.
Pregnancy and Birth Classes	You can take online classes about pregnancy and childbirth to help you prepare for the birth of your baby.
Breastfeeding Support	You can meet with your lactation consultants online to ask questions, get tips, and get help with breastfeeding.
Health-Related Needs	You can connect with social workers who can help with family, housing, food, or safety concerns, all through virtual appointments.
Baby Testing and Counseling	If you are getting tests for your baby, like a genetic test, you can talk with a doctor online to understand the results and what they mean for you and your baby.
Oral Health Services	You can talk with a dentist about teeth and gum health during pregnancy, which helps lower the risk of giving birth to an underweight baby.

With telehealth, you can:

- Stay in touch with your doctor from home, without traveling far or missing work.
- Use simple tools to track your health and share test results during your telehealth appointment.
- Make an emergency plan with your doctor to know when you need to go in person if you need to monitor your pregnancy due to complications.

To find prenatal services or your nearest health center that provides telehealth, contact **NCFH's Call for Health Helpline** for free at 1 (800) 377-9968 or via WhatsApp at 1 (737) 999-4162. Help is available in English and Spanish.

If you need more information about telehealth costs and prenatal care, you can consult this resource, **scan the QR code!**



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