

UCSF Postpartum Village *at Mount Zion*



**Referrals may be required*

You have access to a specialized care team after you deliver!

UCSF Obstetric Services has created this pilot program for you and your baby's first **16 weeks after birth**, to increase access to the UCSF Health resources available to you. Our services range from postpartum and infant education, lactation consults and specialized obstetric care.

An assessment will be provided on any of the following:

- Blood pressure monitoring and medications
- Lactation
- Family Planning/contraception discussions
- Physical Therapy assessments (*Mt. Zion only*)
- Free Postpartum and infant education classes
- Social Work Services
- Opportunity to connect with other new families
- Wound healing

Individual appointments should be booked based on your needs. You can schedule a separate visit to see just a medical provider, or choose to also see a lactation consultant, or a licensed social worker.

To get started, enroll in the UCSF Postpartum Village at Mission Bay before your delivery. For more information or questions about the pilot program, call (415) 353-2566 to speak with one of our schedulers. Tell us about your experience! Each individual is asked to complete a follow-up survey as part of their participation.

Obstetrics & Gynecology at Mount Zion

Women's Center Building | 2356 Sutter Street

UCSF Health