



# CINQCARE

## Pregnancy can be overwhelming, but we're here to walk beside you every step of the way.

From your first trimester to holding your newborn, CINQCARE, a trusted partner of MedStar Family Choice - Maryland, provides free health and support services that deliver comfort, confidence, and care so you can focus on the joy of becoming a parent.



### Provider Participation

We work with your health care provider to get you the care you need to deliver a healthy baby.



### Home Visits

Nurses visit your home for checkups, keeping you and your provider updated on your baby's health.



### Dedicated Care Team

Receive support throughout your pregnancy and delivery from our nurses and community health workers, as well as doula services from our trusted partner Mae.



### Educational Programs

Access educational resources and information to help navigate pregnancy with greater peace of mind.



### Community Support

Connect with our community health workers to address all of your family's needs.



### Continued Care

Raise your baby healthy, too, with continued support up until 12 months post-partum.

**Call us, today: (410) 774-0407**

