

# Memorandum

To: Gold Coast Health Plan Providers

From: Guadalupe González, PhD, MPH  
Senior Director of Health Education, Cultural and Linguistics Services

Re: **Pregnancy and Postpartum Packets**

Date: Jan. 17, 2025

Pregnancy and postpartum care are integral when caring for pregnant members. Physical exams are important to identify any complications or issues and serve as an opportunity to offer any additional needed resources. Gold Coast Health Plan's (GCHP) Health Education (HE) Department has many resources for expecting mothers and new parents, including pregnancy and postpartum packets. These packets include the state Department of Health Care Services (DHCS) Newborn Referral Form, information on nutrition, immunizations, and many other resources.

GCHP also offers [online resources](#) for members. Members can sign up to receive a [pregnancy](#) and/or [new parent](#) e-newsletter, with information about stages of pregnancy, and updates about growth and behavior of their baby. GCHP's online [health library](#) includes short videos and interactive tools, available in English and Spanish.

Providers can contact the HE Department at 1-805-437-5961, Monday through Friday, 8 a.m. to 5 p.m. (excluding holidays), or email [HealthEducation@goldchp.org](mailto:HealthEducation@goldchp.org) to refer members to receive health education materials and/or a packet.

For more information, visit GCHP's [HE webpage](#).

Thank you for your continued support.