



### My Baby: Personalized Pregnancy App

With Dignity Health's My Baby app, you have access to a number of tools to help you along your pregnancy journey including following your pregnancy milestones, tracking your weight and baby kicks, and more. My Baby is available to download in the Apple App store and Google Play. Learn more at [DignityHealth.org/MyBabySacramento](https://DignityHealth.org/MyBabySacramento).

### Docent Maternity Service

Whether you're having your first baby or you're an experienced mom, it helps to have someone guide you on your journey. Our Docent Navigators are provided free-of-charge and serve as a helpful resource including car seat education, finding out-of-town guest accommodations, and more. Call **916.269.4110** or text "**MSJBABY**" to **37050** to sign up.

### Schedule a Free Tour

Come see for yourself why Mercy San Juan Medical Center is the right choice for your birth day. Schedule a "Stork Tour" at [DignityHealth.org/ExpectingTheBestClasses](https://DignityHealth.org/ExpectingTheBestClasses) or by calling 916.453.4518.

### Attend our Pregnancy and Parenting Classes

Dignity Health offers a variety of classes to help you prepare for delivery and caring for your new baby. To find a class, or to register, visit [DignityHealth.org/ExpectingTheBestClasses](https://DignityHealth.org/ExpectingTheBestClasses) or call 916.453.4518.

Mercy San Juan Medical Center

# Family Birth Center



**Dignity Health**

Mercy San Juan Medical Center



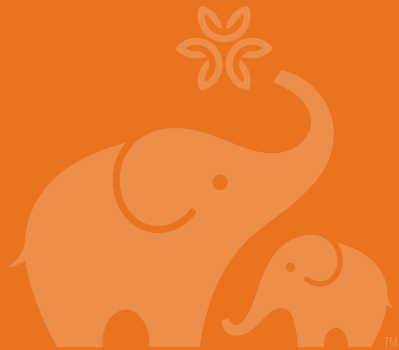
**Dignity Health**  
Mercy San Juan Medical Center

# Great Beginnings Start at Mercy San Juan Medical Center

At Mercy San Juan Medical Center's Family Birth Center, it's all about you. You'll experience labor and delivery in the same spacious private birthing suite without intrusion. Each private birthing suite and postpartum room is thoughtfully provided with an abundance of special features including:

- Organic bath and body products
- A diaper bag filled with essentials for babies
- Aromatherapy
- Special dessert and sparkling cider with mom's first meal
- WiFi access
- The support of a board certified lactation consultant, available seven days a week

Begin your journey in a place that anticipates and attends to your needs: **Mercy San Juan Medical Center's Family Birth Center.**



## A Compassionate Care Team

At Mercy San Juan Medical Center, you and your baby will be taken care of by a team of skilled physicians, supported by experienced maternity nurses, respiratory therapists and staff, who are dedicated to your emotional and physical well-being during and after your delivery. We are committed to working with you to discuss your birthing plan and pain management options to make your experience as natural, safe and joyful as possible.

Our Birth Center also features:

- A Diabetes and Pregnancy Program to support expectant mothers managing their condition
- Joint Commission Perinatal Care Certification, a distinction recognizing safety, quality and excellence
- High-risk and antepartum care, providing necessary medical attention to both mom and baby

Find out more and take a virtual tour at [DignityHealth.org/SacramentoWomen](https://www.DignityHealth.org/SacramentoWomen).

## Baby-Friendly

Mercy San Juan Medical Center is recognized as Baby-Friendly, a designation for birthing centers with the highest level of care and breastfeeding services.

## Neonatal Intensive Care Unit (NICU)

Serving the community for over thirty years, our Level III Neonatal Intensive Care Unit has long been a regional leader in caring for the smallest and most vulnerable of newborns.

And now, our newly expanded Robert S. and Star Pepper NICU features 24 semi-private spaces and 16 private rooms where one parent may stay with their baby 24 hours a day in a safe and spacious environment.

Find out more and take a virtual tour at [DignityHealth.org/MercySanJuan/NICU](https://www.DignityHealth.org/MercySanJuan/NICU).