

Now that you're pregnant, your health matters more than ever. **Your Health, Your Story** puts important health and wellness information from your provider right at your fingertips with real-time alerts and trusted resources to guide you through a healthy pregnancy.



**Your Health,
Your Story**



CARE Grant
2025-2026

609-292-7060

Scan to learn more
about *New Jersey*
Paid Family and
Medical Leave



Connecting
NJ

nj.gov/connectingnj



**TAKE US WITH YOU
ON YOUR
PREGNANCY JOURNEY**

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Discover

In New Jersey, pregnant individuals and their families can access services tailored to their individual needs through **Your Health, Your Story**. This online portal connects you to resources like *Connecting NJ* and *New Jersey Paid Family and Medical Leave*.

- Access your pregnancy profile on your phone or computer
- Receive personalized insights and recommended referrals
- Explore educational content and programs that matter to you
- Get reminders about *New Jersey Paid Family and Medical Leave* benefits
- Learn about urgent maternal warning signs and symptoms that require immediate care
- Talk with *Connecting NJ* community experts who partner with your care team to answer questions and provide support by phone or in person

Determine

Your healthcare provider completes a full pregnancy health assessment, reviewing your medical history and current health, including physical wellness, mental health and social factors that may affect you and your family.

Alongside your healthcare team, resources like *Connecting NJ* and *New Jersey Paid Family and Medical Leave* are here to support you every step of the way.

**ASK YOUR PROVIDER
ABOUT YOUR HEALTH,
YOUR STORY TODAY!**

Deliver

Even after delivery, we're here for you and your family.

Need help? Contact *Connecting NJ* to learn about programs and resources in your community. Visit nj.gov/connectingnj

**Learn More About
Your Health, Your Story**

