

# Congratulations soon-to-be parents!

We are thrilled that you've chosen Boston Medical Center for care while you are pregnant. Maybe you are pregnant for the first time. Maybe you have been pregnant before. Either way, you probably have many questions, thoughts, and feelings. You probably want to know how your baby is growing and how to take care of yourself in your pregnancy.

- While you will have many visits with your provider during your pregnancy, the Hey Mama site contains a lot of great information to help you during your pregnancy.
- The Hey Mama site is just like a pregnancy book but located on the BMC website!
- You will find lots of general information about your pregnancy -- such as what to expect during your prenatal visits, foods to eat in pregnancy, ways to stay safe, and common discomforts that you might be feeling.
- You will also find information about ways to prepare for labor and birth and information about breastfeeding.



Visit the site anytime  
at **heimama.bmc.org**  
or scan the **QR code**.

#### To add a website URL to your iPhone's home screen:

1. Open a web browser and type in [heimama.bmc.org](http://heimama.bmc.org) or scan the QR code.
2. Tap the Share button, which looks like a square with an arrow pointing out of the top at the bottom of the screen.
3. Scroll down and tap Add to Home Screen
4. Tap Add to add Hey Mama to your home screen.

#### To add a website to your Android home screen:

1. Open a web browser and type in [heimama.bmc.org](http://heimama.bmc.org) or scan the QR code.
2. Tap the menu icon (three dots in the upper right-hand corner).
3. Tap Add to Home Screen.
4. Hey Mama will be added to your home screen.

