



Get 1 on 1 Support

Delfina Guides

Our Delfina Guides are certified doulas. Work with a doula 1-on-1 every week, included in the Delfina program. Ask questions, get support, and experience the comfort doulas can provide.

Delfina Medical Group

Nutritional counseling and mental health visits are included in the Delfina program. Meet virtually with registered dietitians and mental health therapists to support you during your pregnancy and after baby is born.

Public health nurses

Your South Country public health nurses are able to see your participation in Delfina. They are available when you need them to find resources and support in the community, included in your benefits.



Scan to download the app!

Or visit:
delfina.com/faq-english



Helps You Understand Your Pregnancy

“As someone who deals with anxiety, having the app and Delfina Guide as an extra resource gives me a lot of comfort.”

- Delfina patient

Contact

Call South Country Member Services toll-free with questions:

 1-866-567-7242



Connect with Delfina

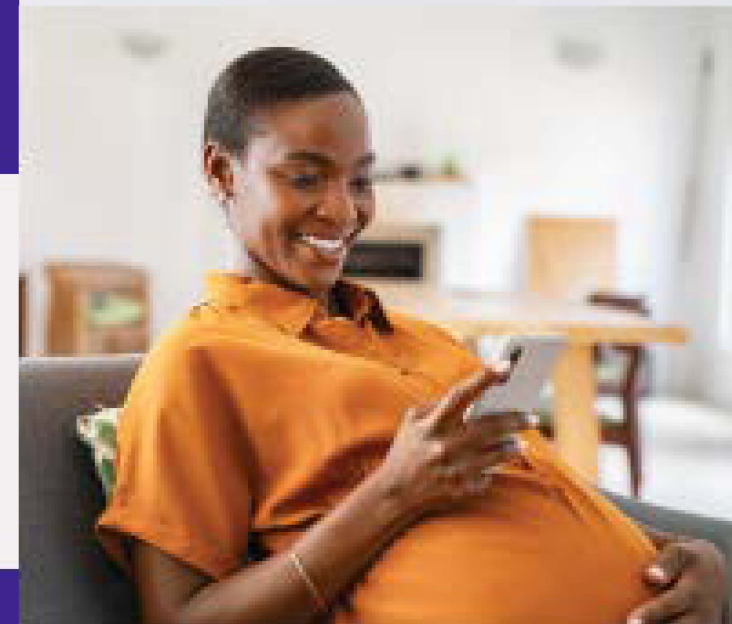
support@delfina.com



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Intelligent Pregnancy Care for All



South Country Health Alliance (SCHA) is partnering with Delfina to provide a new benefit to our members.





BUILDING COMMUNITY

Join Delfina's Group Classes

Attend classes every week on a variety of topics to support you throughout your pregnancy and after baby is born.

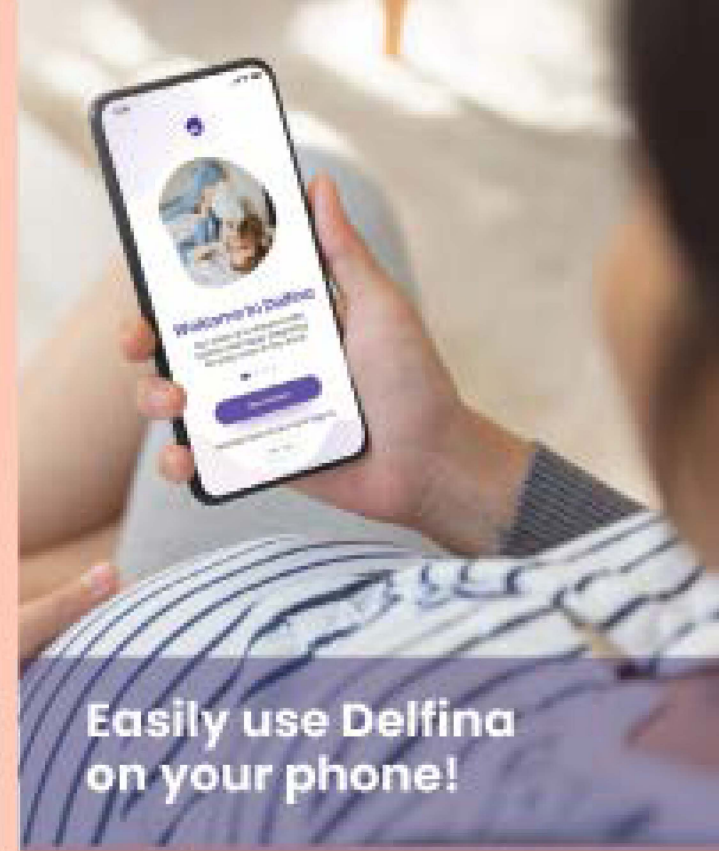
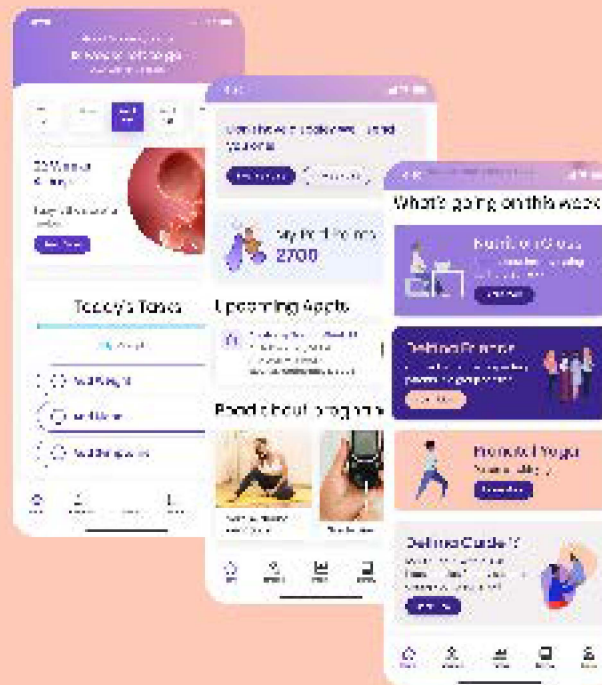
Topics include:

- breastfeeding
- baby care
- mental health during pregnancy and postpartum
- nutrition during pregnancy and postpartum
- prenatal and postpartum yoga
- and more!



Track your pregnancy

With Delfina, if something starts to change for the worse, you know when to contact your doctor faster.



Easily use Delfina on your phone!

Every Day:

- ✔ Enter your mood
- ✔ Read pregnancy-specific articles



Every Week:

- ✔ Enter your weight
- ✔ Enter any symptoms
- ✔ Join a group class
- ✔ Meet with your Delfina Guide



Scan to register, or visit
www.delfina.com/events

