

# Pregnant?

## See a midwife.



### How to find a midwife:

- Go to [www.findyourmidwife.co.nz](http://www.findyourmidwife.co.nz)
- Ask your GP or Nurse
- Ask for recommendations from friends and whānau.

If you have been unable to find a midwife call:

- 03 470 9858 (Otago)
- 03 218 1949 Ext. 48523 (Southland)

All eligible women are entitled to maternity care at no cost.