



You can make a difference

for healthier mothers and babies in Washington

“As an American Indian mom, the health of my babies and tribal community are important to me. I want my voice to be heard and, by participating in PRAMS, it will be.”



PRAMS surveys are mailed to many women who have babies in Washington state. If you receive a PRAMS health survey, fill out the information for you and your baby so you can make a positive difference.

Questions?
Call the PRAMS office:
1-877-867-7267
www.doh.wa.gov/cfh/PRAMS/

