

# Kaiser Permanente San Diego Prenatal Resources



**San Diego Medical Center**  
Labor & Delivery  
858-266-3350

**San Diego Medical Center**  
Pre-Registration  
858-266-2688

**San Marcos Medical Center**  
Labor & Delivery  
442-385-7377

**San Marcos Medical Center**  
Pre-Registration  
442-385-7325

Behavioral Health Care Helpline  
(24/7) 1-800-900-3277

Behavioral Health Department  
1-877-496-0450

Postpartum Depression & Anxiety  
619-641-4456

Member Services  
1-800-464-4000

Advice Center  
Pediatric & Adult Advice Nurses (24/7)  
1-800-290-5000, 888-576-6225

Appointment Center  
833—KP4CARE

Outpatient Lactation Clinic  
1-866-940-2218

Center for Healthy Living  
619-641-4194

Positive Choice Integrative Wellness Center  
858-616-5600

Personal use pump order: 1-833-752-4737

## Online resources

[www.kp.org](http://www.kp.org)

[www.kp.org/maternity](http://www.kp.org/maternity)

[www.kp.org/lifecareplan](http://www.kp.org/lifecareplan)

## **SDMC Hospital Tour**

<http://vimeo.com/312018613>

## **SMMC Hospital Tour**

[https://kp.qumucloud.com/view/  
Welcome-to-the-KP-San-  
Marcos-Medical-Center](https://kp.qumucloud.com/view/Welcome-to-the-KP-San-Marcos-Medical-Center)

## **Byram Healthcare**

[https://breastpumps.byramhealth  
care.com/Kaiser](https://breastpumps.byramhealthcare.com/Kaiser)