

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

www.kp.org/maternity

www.kp.org/lifecareplan

SDMC Hospital Tour
[Virtual Tour | San Diego](http://www.kaiserpermanente.org)
([kaiserpermanente.org](http://www.kaiserpermanente.org))

SMMC Hospital Tour
<https://kp.qumucloud.com/view/Welcome-to-the-KP-San-Marcos-Medical-Center>

Byram Healthcare
<https://breastpumps.byramhealthcare.com/Kaiser>