



Online Education for New And Expecting Parents



UPMC is pleased to offer online education to support you during your pregnancy and birth, with tips from experts to care for your baby. Our OB nurses, doctors, and educators created a virtual health education program for you to view at your convenience.

You can access this valuable information from any device with internet access, including a smart phone, tablet, laptop or desktop computer. This online learning is provided to you by UPMC at no charge.

MyUPMC

Your MyUPMC account is a way to access your health information anywhere, anytime. You will be able to receive education during your pregnancy and postpartum from your doctor and care team. Visit [MyUPMC.com](https://www.upmc.com/myupmc) or download the MyUPMC app to create your account.

MyHealthyPregnancy

MyHealthyPregnancy is an app that will be prescribed by your provider as part of your care. By adding your data, you will receive information, resources, and next steps to understand health risks. Your information is secure and available to your provider during appointments.

UPMC Education Classes and Events

UPMC offers many different educational classes and events to our patients and our community. View all of the available resources at: [UPMC.com/Classes](https://www.upmc.com/classes)

UPMC Health Library

The UPMC online health library is a great resource to help you manage your health. Explore the Pregnancy and Childbirth Featured Learning Center or use the search bar and type in your specific topic. [UPMC.com/HealthLibrary](https://www.upmc.com/healthlibrary)