

# Helpful Resources

## Websites

- American College of Obstetrics and Gynecology ([acog.org](http://acog.org))
- Mayo Clinic ([mayoclinic.org](http://mayoclinic.org))
- Center for Disease Control ([cdc.gov](http://cdc.gov))
- Postpartum Support International ([postpartum.net](http://postpartum.net))
- La Leche League International ([l.li.org](http://l.li.org))
- The Breastfeeding Center for Greater Washington ([breastfeedingcenter.org](http://breastfeedingcenter.org))

## Books

- Expecting Better by *Emily Oster*
- What They Don't Tell You About Having A Baby by *Dr. Heather L. Johnson*
- Your Pregnancy and Childbirth: Month to Month by ACOG
- Baby 411 by *Ari Brown and Denise Fields*
- Moms on Call Basic Baby Care by *Jennifer Walker and Laura Hunter*

## Liv by Advantia Health

- [liv.advantiahealth.com](http://liv.advantiahealth.com)
- Pregnancy FAQs ([liv.advantiahealth.com/faq](http://liv.advantiahealth.com/faq))
- Office phone: 202-481-2050

There are many pregnancy and childbirth education apps on the market, each with their strengths and weaknesses. Many patients will try several apps until they find the one that suits their needs best. We do not endorse any third-party apps. Advantia has an app for lactation support called Pacify.

## Welcome to Pacify

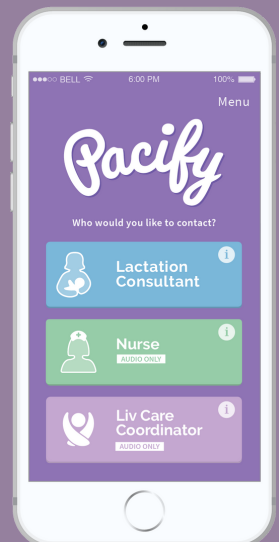
### Unlimited 24/7 Maternal and Pediatric Support

As a Liv member, you can get the help you need during pregnancy and beyond with Liv's telehealth app for new parents, *Pacify*. Your provider will give you your *Pacify* baby shower gift at your 28 week visit, bundled in a deluxe gift box with a *Pacify* membership card and other useful goodies for you and your baby! *Pacify* connects you with:

*Pacify* Lactation Consultants: Available 24/7 via video for breastfeeding support and feeding-related questions.

*Nurse Help Line*: Available 24/7 via phone to help if you or your baby are feeling under the weather.

*Liv Care Coordinator*: Available Monday-Friday, 8 a.m. to 4:30 p.m. via phone to help with benefits, finding a doctor, or scheduling an appointment.



Connect at the Touch of a Button. No Appointments, No Waiting