



## 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.

### Virtual Education

UPMC has partnered with YoMingo. Sign up at [UPMC.com/YoMingo](https://UPMC.com/YoMingo). This virtual education site is packed with information, including videos by our experts on: “Tips from a Magee Lactation Consultant” and “Coping Techniques for Labor”. Be sure to log in regularly to access new updates. If you have questions, contact a Certified Childbirth Educator at [info@magee.edu](mailto:info@magee.edu).

### 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://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://UPMC.com/HealthLibrary)