

# PRAMS

A survey about maternal health, behaviors and experiences before, during and after pregnancy.

## Our Mission

We work to improve the health of mothers and babies in Nebraska.

## Moms Helping Moms

**You can help.** New moms are randomly selected each month to receive the PRAMS survey. If you receive a PRAMS survey in the mail, remember to fill it out and send it back. **Your voice counts.**

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

[www.dhhs.ne.gov/prams](http://www.dhhs.ne.gov/prams)  
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