

Create. Share. Empower.



Your post could be the reason someone takes their first step toward better health. The Office of the California Surgeon General (OSG) invites you to enter the statewide PreMA Student Creative Contest. It's you, reaching someone your own age, sparking real conversations about preconception health.

Learn More

Scan the QR code
or visit
PreMAca.org



preMA
PreMAca.org



What It Is

PreMA, the Preconception Medical Assessment, is a free, 8-question quiz developed by OSG that helps people understand how their current health could impact a future pregnancy. This contest invites you to turn that idea into something creative, a message from you that could spark someone's curiosity about their own health and encourage them to take PreMA for themselves.

Choose Your Track

General Track (#TakePreMA): promoting PreMA broadly, any angle that connects to thinking about your health and how that may affect a future pregnancy.

Cardiovascular Health Track (#PreMAHeart): promoting PreMA by connecting specifically to heart health and how that could affect a future pregnancy.

How To Enter

1. **Choose** your track: #TakePreMA or #PreMAHeart
2. **Create** your original poster, graphic, or video about PreMA.
3. **Post it** publicly on Instagram or Facebook with your track's tag and include the PreMA QR code or link.
4. **No social media?** Email your entry to StrongStartAndBeyond@osg.ca.gov with your name, track, a photo of where you posted or displayed your creative, and a short description of the location. You should follow all rules of the location your work is posted or displayed in.

Eligibility & Dates

To win, you must be a California student. Entries open now until October 31, 2026. Winners will be selected by November 6, 2026.

What Winners Get

One winning entry will be selected from each track. Winners will get their submission featured on OSG's official social media channels and the PreMA website, a signed letter from California Surgeon General Dr. Diana E. Ramos, and a visit from Dr. Ramos to their school, based on availability and in coordination with the school. Submission grants OSG license to share your work across all OSG social media channels.