



OFFICE OF THE CALIFORNIA SURGEON GENERAL

PreMA Contest FAQ

About PreMA

What is PreMA?

PreMA (pronounced pree-mah) is a free, 8-question quiz developed by OSG. It helps people understand how their current health, including conditions like high blood pressure, diabetes, or substance use, could affect a future pregnancy. It takes just a few minutes, and can be taken anytime, anywhere. PreMA is available in English and Spanish. You can take it at PreMAca.org.

Is this contest officially sanctioned by a state agency? Who is it associated with?

Yes. The PreMA Student Creative Contest is run by OSG. The contest connects PreMA, a free preconception health tool developed by OSG, and all materials, tags, and campaign direction are reviewed and approved by OSG.

Is there any cost to participate?

No. There is no cost to participate.

How is student data or privacy handled? (contest entry)

There is no separate contest entry form to fill out. Students enter by posting publicly on Instagram or Facebook with their track's campaign tag, so an existing or newly created account on one of those platforms is required to participate. Students who don't have social media can enter by emailing their entry to StrongStartAndBeyond@osg.ca.gov. Because entries are public posts, standard social media safety practices apply. OSG reviews submissions before selecting any entries for official amplification. Selected students who are featured are recognized with their name.

What happens if a student posts something inappropriate under the campaign tag?

OSG reviews tagged submissions before selecting entries for official recognition. Individual posts remain on the student's own account, which OSG does not control or moderate.

Is any personal health information collected through PreMA?

No data is collected with PreMA. It is a self-administered quiz, and results are seen only by the person who takes it. People are not required to share their results with anyone. PreMA is a tool to inform and empower people to make decisions about their own healthcare.

What exactly do I need to post, and what counts as a valid entry?

Create original content, a poster, graphic, or short video, which connects to PreMA. Post it publicly on Instagram or Facebook using your track's campaign tag #TakePreMA for the General Track, or #PreMAHeart for the Cardiovascular Health Track. Your post must include the PreMA QR code or a direct link to the quiz. Posting with the tag is your entry, no separate form required.

What happens if I win?

If your entry is selected, OSG will reach out to you through the account you posted to let you know and get your details. There will be one winner from each track. Winners will be selected by November 6, 2026.

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. Other strong entries that aren't selected as the winner may also be shared as content on OSG's official social media channels. Submission grants OSG license to share your work across all OSG social media channels.

Can I enter both tracks?

Yes, you can enter both the General Track and the Cardiovascular Health Track, just make sure each entry uses the correct campaign tag for that track.

What if I don't have Instagram or Facebook?

If you don't have Instagram or Facebook, you can enter by emailing your entry directly to StrongStartAndBeyond@osg.ca.gov with your name, and 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 creative is posted or displayed in. These entries go through the same review process as public posts.

Is there a deadline?

Entries must be posted on social media or submitted via email by October 31, 2026. Winners will be selected by November 6, 2026