



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 the Office of the California Surgeon General (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.

School Administrator

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 to 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 the school?

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. Students and families should follow their usual guidance around what personal information to include or avoid in a public post. OSG reviews submissions before selecting any entries for official amplification. Selected students who are featured are recognized with their name.

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 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.

Teacher

How could I build this in if I already have my curriculum set for the semester?

This doesn't need to replace your existing lesson plans. Many teachers introduce it as a short, self-contained activity, a single class period to introduce the contest and let students create their entry that sits alongside what you're already teaching. See the standards connections section for ways this could tie into current coursework in Health, Arts, ELA, CTE, or technology classes.

Where can I learn more if I want to bring this into my classroom?

Visit PreMAca.org to explore PreMA for yourself.

Does a teacher need to review a student's post before they submit it?

There's no requirement for teacher review, students post from their own accounts, the same as any other personal social media activity. If the contest is introduced as part of a classroom activity, we recommend teachers review entries first, the same way they'd review any other student work created for class.

What if a student wants to enter but doesn't have social media? Are they disqualified from participating?

Students who don't have Instagram or Facebook can email their entry directly to StrongStartAndBeyond@osg.ca.gov with their name, and track, a photo of where they posted or displayed their creative, and a short description of the location. They should follow all rules of the location their creative is posted or displayed in. For example, a student who creates a poster and displays it at school should include a photo of the poster on display and note where it was placed.

Can this connect to what students are already learning in class?

Yes. This contest can connect to several California content standards: Health Education (Standard 8, Health Promotion, supports students acting as positive peer role models around health topics); Visual and Media Arts (standards for generating, developing, and presenting creative work, including standards specifically about posting responsibly to social media); English Language Arts (writing standards for producing persuasive content and publishing using technology); Career Technical Education, Arts, Media, and Entertainment sector (the Digital Communications and Design pathways both align closely with this kind of project); and Educational Technology (standards for creative digital communication and responsible digital citizenship).

Parent

Does my child need a personal Instagram account to enter, or can they use a school account?

Entering requires posting publicly on Instagram or Facebook, using whatever account the student normally uses is the simplest path. If a school or club wants to post through a shared account instead, that would typically fall under the same media consent process the school already uses for other public student content, check with your school's existing policy. If your child doesn't have social media, they can email their entry directly to StrongStartAndBeyond@osg.ca.gov with their name, and track, a photo of where they posted or displayed their creative, and a short description of the location. They should follow all rules of the location their creative is posted or displayed in.

Is any personal health information collected or shared?

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.

Who sees my child's post, and where does it appear?

Because the entry is a public post on Instagram or Facebook, it can be seen by anyone on that platform, the same as any other public post your child makes, not just OSG. If OSG selects the post for official recognition, it may also be shared on OSG's own social media channels and potentially featured with a spotlight profile on the OSG website.

Student

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

Create original content, a poster, graphic, or short video that 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. That's it, 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 from 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. Submission grants OSG license to share your work across all OSG social media channels.

Other strong entries that aren't selected as the winner may also be shared as content on OSG's official social media channels.

Can I enter both tracks?

Yes, you can enter both the General Track and the Cardiovascular Health Track if you'd like, 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