



PREGNANCY CARE OPTIONS

Centering

7-9 weeks - RN visit

- History Review
- Education
- Lab Work

10-12 weeks – Exam with Usual Provider

- Physical Exam
- History Review
- Listen to Baby's Heartbeat (using Doppler) 10 weeks or more

12-16 Weeks – Session 1 Group

18-20 Weeks – Ultrasound and Usual Provider Visit

- An Ultrasound of the Baby's Anatomy

16-20 Weeks – Session Group 2

20-24 Weeks – Session Group 3

24-28 Weeks – Session Group 4

- Lab Work

26-30 Weeks – Session Group 5

28-32 Weeks – Session Group 6

- Group B Strep Culture

30-34 Weeks – Session 7 Group

32-36 Weeks – Session 8 Group

34-38 Weeks – Session 9 Group

37-39 Weeks – Visit with Physician **

36-40 Weeks – Session 10 Group

40 Weeks and 1 Day – Visit with Physician

- Non-Stress Test with MA
- Ultra sound with Ultrasound Tech

After Group has Delivered – Reunion Group

**Group Sessions and Traditional Visits to Equal once a week between 36 Weeks and 40 Weeks gestational age

***36 week appointment should be 20 minutes

Traditional

7-9 weeks – RN visit

- History Review
- Education
- Lab Work

10-12 Weeks – Exam with Usual Provider

- Physical Exam
- History Review
- Listen to Baby's Heartbeat (using Doppler) 10 weeks or more

14-16 Weeks – Visit with APN

18-20 Weeks – Ultrasound and Usual Provider Visit

- An Ultrasound of the Baby's Anatomy

24 Weeks – Visit with APN or Physician

28 Weeks – Visit with Physician

- Lab Work

32 Weeks – Visit with APN

- Discuss Labor, Baby Care, and Postpartum Planning

34 Weeks – Visit with APN or Physician

36 Weeks – Visit with Usual Provider

- Group B Strep Culture

37 Weeks – Visit with Physician

38 Weeks – Visit with Physician

39 Weeks – Visit with Physician

40 Weeks and 1 day – Visit with Physician

- Non-Stress Test with MA
- Ultrasound with Ultrasound Tech

Midwife

7-9 weeks – RN visit

- History Review
- Education
- Lab Work

10-12 Weeks – Exam with Assigned Midwife

- Physical Exam
- History Review
- Listen to Baby's Heartbeat (using Doppler) 10 weeks or more

14-16 Weeks – Visit with Midwife

18-20 Weeks – Ultrasound and Usual Provider Visit

- An Ultrasound of the Baby's Anatomy

24 Weeks – Visit with Midwife

28 Weeks – Visit with Midwife

- Lab Work

32 Weeks – Visit with Midwife

- Discuss Labor, Baby Care, and Postpartum Planning

34 Weeks – Visit with Midwife

36 Weeks – Visit with Midwife

- Group B Strep Culture

37 Weeks – Visit with Midwife

38 Weeks – Visit with Midwife

39 Weeks – Visit with Midwife

40 Weeks and 1 day – Visit with Midwife

- Non-Stress Test with MA
- Ultrasound with Ultrasound Tech