



MASSACHUSETTS

# Getting the Maternity Care You Need

When you're expecting, it's important to get the care you and your baby need. Below are guidelines for recommended doctor visits for women whose pregnancy is considered average risk. These guidelines do not replace your doctor's judgment, so be sure to follow your own doctor or midwife's advice on when and how often you should visit.<sup>1</sup>

Visit	First Perinatal Visit	Ongoing Prenatal Visit Schedule			Post Due Date	Post-Partum
Weeks/Days	6–12 weeks	13–27 weeks	28–35 weeks	36–40 weeks	40–42 weeks	Between 21 and 56 days after delivery
Frequency		Monthly	Twice a month	Weekly	As needed	A full post-partum visit is needed even if you've seen your doctor for a brief check-up after delivery
Appointments (see reverse)		1–4	1–4	1–5		
<b>What to expect</b>	Your first visit may include: <ul style="list-style-type: none"> <li>• An initial history</li> <li>• Physical examination</li> <li>• History of immunizations</li> <li>• Laboratory tests (blood work)</li> <li>• Genetic counseling, screening, and testing</li> <li>• Dental history</li> </ul>	You can expect the doctor to: <ul style="list-style-type: none"> <li>• Assess the wellbeing of you and the baby</li> <li>• Perform a physical exam—including blood pressure, weight, and possible cervical exam</li> <li>• Request a urine sample, if appropriate</li> <li>• Check the baby's heart rate and position</li> <li>• Check the uterine size</li> <li>• Recommend the flu vaccine if you will be pregnant during flu season</li> </ul>			<ul style="list-style-type: none"> <li>• Assess the condition of the baby and you</li> <li>• Cervical exam</li> <li>• Reminders to be aware of fetal movements and call if less movement</li> <li>• Discuss what happens if labor does not occur</li> </ul>	Post-Partum visit may include: <ul style="list-style-type: none"> <li>• Physical Exam</li> <li>• Counseling and discussion on:               <ul style="list-style-type: none"> <li>–If applicable, how breastfeeding is going</li> <li>–Promote health, and preventive health measures, losing weight gained by pregnancy</li> <li>–Importance of visits to baby's doctor</li> <li>–Resuming sexual activity and family planning</li> <li>–Primary care provider follow up</li> </ul> </li> <li>• Depression screening</li> </ul>

## Important considerations:

Make sure you tell your doctor if you experience any of these:

- Pain (contractions), bleeding, or leaking of fluid
- Nausea
- Increased stress level, depression symptoms

## Topics to discuss with your doctor during your visits:

- Childbirth options
- Breastfeeding benefits
- Childbirth, breastfeeding, infant CPR classes
- How will I know if I am having preterm labor?
- How will I know I am in labor?
- What do I do if I have a medical emergency?
- What to expect in the hospital?

For more information, please log into the Member Central website at [www.bluecrossma.com/membercentral](http://www.bluecrossma.com/membercentral) or call the Member Service number on your ID card.

These guidelines were developed by Massachusetts Health Quality Partners (MHQP), a broad-based coalition of health care providers, plans, and purchasers working together to promote improvement in the quality of health care services in Massachusetts. Blue Cross Blue Shield of Massachusetts is an MHQP member.

1. The recommended doctor visit schedule does not describe benefit coverage or payment.

## Ongoing Prenatal Visit Schedule

	13–27 weeks		28–35 weeks		36–40 weeks	
	Date	Time	Date	Time	Date	Time
	Appointment #1					
Appointment #2						
Appointment #3						
Appointment #4						
Appointment #5						

Notes:

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## **Nondiscrimination Notice & Translation Resources**

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

**ATTENTION:** If you don't speak English, language assistance services, free of charge, are available to you. Call Member Services at the number on your ID Card (TTY: 711).

**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

**ATENÇÃO:** Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).