

# Transforming prenatal care

through a unique combination of services:



## Give your prenatal care a boost

CenteringPregnancy is offered at our Modesto Medical Center and our Stockton Medical Offices. To sign up, call the Women's Health Services Department at **209-735-3126** for Modesto and **209-476-3260** for Stockton.



*Photo above shows actual program participants.*



# Centering Pregnancy<sup>®</sup>

Expecting is better together

# Prenatal care in a group setting



## What is **CenteringPregnancy**?

**CenteringPregnancy** is a fun, unique prenatal program available for expecting moms at Kaiser Permanente. You'll join other moms-to-be for 2-hour group appointments that give you private time with a health care professional as well as group education and support.

Best of all, you can bond with other women who share a similar due date and form lasting friendships. It's like a prenatal playdate!

## How does it work?

In a comforting environment, you'll get the information and tools you need to make healthy choices for you, your baby, and your whole family. And you'll get a chance to actively participate in your care by learning self-care techniques like monitoring your blood pressure.

Sessions begin about 16 to 20 weeks into your pregnancy and continue until you give birth (monthly at first, then every 2 weeks as your due date approaches). And there's no extra cost for the program – your regular cost share will apply.

## What happens during a typical appointment?

At the start of every session, each woman has a brief, private health assessment while the other women enjoy conversation and refreshments. The rest of the time is devoted to learning and sharing as a group. You'll cover different educational topics related to pregnancy, childbirth, and parenting, and you'll be invited to share your questions and personal experiences.

## Journal it

Track your baby's growth and your own progress in a special keepsake notebook provided by the program.



## Highlights of the program:

- 9 appointments, 1.5 to 2 hours each
- 8 to 12 women per group
- Led by Kaiser Permanente nurse-midwives and other care providers
- All appointments prescheduled at the start of the program – giving you more time to plan ahead for child care, work, and other obligations
- Partners or close family members welcome (no children, please)
- Private physical exams, lab tests, and ultrasounds
- More hours of prenatal education and support
- Confidential group discussion\*
- Complimentary refreshments
- A "baby reunion" to bring moms together again after everyone has given birth

\*All members of the group sign a confidentiality agreement at the beginning of the program.