

# Routine prenatal care

## What is a routine prenatal care visit?

Prenatal care is one of the best ways to promote a healthy pregnancy and receive information to help keep you and your baby healthy. It is important to attend all of your prenatal appointments.

## Routine prenatal care in your provider's office includes:

- Physical exam
- Recording of weight
- Blood pressure check
- Fetal heart tone check
- Monthly visits up to 28 weeks' gestation, biweekly visits between 28 and 36 weeks, and weekly visits from 36 weeks until delivery

## Routine prenatal care does not include:

- New problems identified by you or your provider
- Management of medications or treatment of conditions not related to your pregnancy



**Treatment outside of routine prenatal care during the same visit may result in additional copay, coinsurance or deductible charges.**

We encourage you to check with your insurance plan for a full review of your benefits.



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Spectrum Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. [81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

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اتصل على الرقم 1.844.359.1607 (TTY: 771).