

Planning for your appointments

Over the course of your pregnancy you will have many visits to the clinic. Each visit is important for a healthy pregnancy. Planning ahead can reduce your overall stress and help save money.

 **Transportation** \$ _____

Adding up transportation costs for all of your visits can help you budget and plan. If you have a medical card, your insurance may include transportation support. Call your insurance company for more information.

 **Child care** \$ _____

Clinic visits sometimes run over time. Plan for extra childcare and / or arrange for someone to pick-up children from school on days you have appointments.

 **Food** \$ _____

At the hospital cafeteria, an average meal costs \$10. A snack is about \$5. Clinic visits can be long. Pack a lunch and snack from home.

 **Time off work** _____ hours

Work with your employer to arrange time off work for clinic visits. The clinic can provide a note before or after visits if you need to show proof of a medical need.

 **Parking** \$ _____

The clinic can validate your parking and reduce your parking fee. Street parking is limited around the hospital. So if you plan to park on the street, make sure you leave extra time to look for parking and make the walk to the clinic.

 **Co-pays** \$ _____

Call your insurance company and ask what is covered during your pregnancy. Always double-check your bills.

Managing your pregnancy care and coverage

Don't hesitate to ask questions. Addressing them now will allow you to focus on your health and your pregnancy in the coming months.

Questions to ask your **physician**:

What types of, and how many, ultrasounds will I need, so I can check if they are covered by my insurance?

What specific blood tests will you order, so that I can check for coverage?

TIP: There is a lot of new information given during prenatal visits. So bring a notebook to your appointments

Questions to ask your **insurance**:

Are my doctor's appointments covered completely?

What fees am I responsible for?

Will this treatment go towards my deductible?

How far am I from meeting my deductible?

TIP: When you call your insurance company, have your group and ID numbers ready.

GROUP # _____

ID # _____

Questions to ask when **scheduling appointments**:

Can any of these tests be grouped together in the same day?

How can I use the wait time in between tests?

Is this schedule manageable with my current work schedule?

TIP: Some test will require extra planning, like fasting or meeting with a specialist. When you check out, ask how to plan for your next appointment.

This is a prototype developed for a Robert Wood Johnson Foundation funded study examining cost of care conversations between pregnant women and their providers. ©2017 by COST investigators.



Planning your pregnancy visits

This booklet will help you and your doctor talk about your pregnancy care plan. This includes routine visits, tests and lab work.

University Medical Center Name Contact information

If you need to talk to someone about an **appointment**, call **(312) 123-4567**
OB/GYN Clinic Staff

If you are having an issue with **your bill**, call **(312) 890-1234**
OB/GYN Billing

If you need to be connected with **community services**, call **(312) 123-4567**
OB/GYN Social Work Services

If you have trouble paying, call **(312) 890-1234**
Hospital Financial Assistance Representative

(800) 123-4567 Toll free

Your care plan for a healthy pregnancy

1st trimester

First trimester visits focus on your health and any conditions you have that may affect your pregnancy.

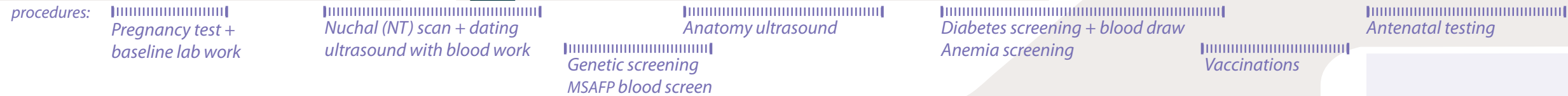
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2nd trimester

Second trimester visits focus on growth of the fetus and look for changes to your health. Some conditions, like gestational diabetes, can develop during pregnancy. Regular visits identify these early and make sure you get the right care.

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3rd trimester

Third trimester visits focus on the health of your baby and monitor your pregnancy for any sudden changes. During this time, a pregnancy can change quickly. So regular visits are important to help monitor your health and to plan for your delivery.

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Plan extra time for labs + procedures

A **nuchal translucency scan** helps screen for Down's syndrome. A **dating ultrasound** takes a picture of your fetus to check its age, due date and growth. To get a good picture, drink two glasses of water before the test to fill your bladder. Plan for 15 - 20 minutes

An **anatomy ultrasound** checks on the size, weight and sex of the fetus. It can also detect some fetal abnormalities. Plan to drink two glasses of water before the test to fill your bladder. Plan for 30- 45 minutes

A **Nonstress Test (NST)** checks baby's movement, heartbeat and contractions without causing any stress to the baby. Plan for 20- 60 minutes

Genetic testing is optional and screens for birth defects and genetic disorders. Different tests have different time requirements.

Diabetes screening identifies pregnancy-related diabetes, which some women develop. Every woman takes the **Glucose Challenge Screening**, for which you drink a sweet liquid and then have blood drawn. Plan for at least 1 hour

Women who don't pass the screening test will also take the **Glucose Tolerance Test**. Plan for 3-4 hours

Antenatal tests are routine tests to monitor the health of you and baby. This can include screening for Group B streptococcus and fetal heart rate monitoring, among other things.