

*From first signs to first steps,
you and your baby are connected to
all the care you need.*

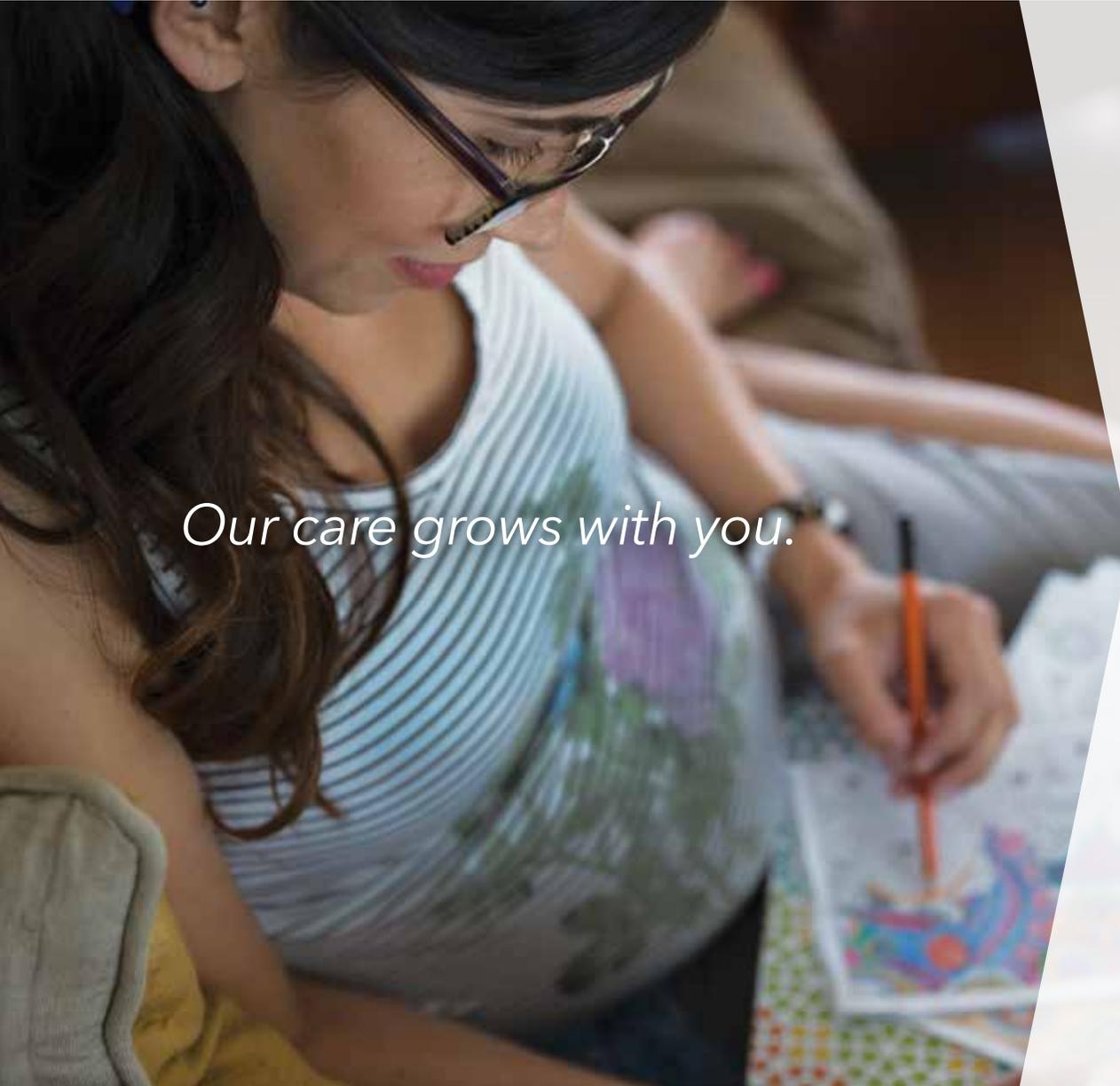
kp.org/maternity



Your plan is governed by one or more agreements, called an *Evidence of Coverage (EOC)*, Membership Agreement, Federal brochure *RI 73-047* (for Federal employees), Certificate of Insurance (COI), or Summary Plan Description (SPD). Inside this document, it is referred to as your "plan agreement."

This document provides an overview of our maternity services. If there are any differences between this document and your plan agreement, your plan agreement will prevail.

Having a child is one of life's most precious experiences. And here at Kaiser Permanente, we want you to enjoy the entire journey. You can trust that our exceptional maternity and newborn care team will be focused on the health of you and your baby, so you can stay focused on the joy of making memories with your little one.



Our care grows with you.

With Kaiser Permanente, you get the comprehensive prenatal care, information, and support you and your baby need through each trimester.

You'll meet with your personal obstetrician on a regular basis and work together to make your pregnancy a healthy one. You'll have:

- Prenatal visits every 4-6 weeks in your first and second trimester, and every 2-3 weeks in your third trimester
- Genetic screening and consultations with a certified genetic counselor during your first trimester at no additional cost;¹ convenient video visits are also available for genetic screening²
- Two sonograms provided to you: one during your first trimester and the second during your second trimester
- 24/7 access to services including an advice nurse, secure email with your physician, Urgent Care, pharmacy, laboratory, and more

In our medical centers you'll find classes—at no additional cost—including:

- How to care for yourself during pregnancy
- What to expect during labor and delivery
- How to care for your newborn
- The basics of breastfeeding

You can have peace of mind knowing that the Kaiser Permanente comprehensive perinatal (high-risk) program provides you with:

- Skilled experts, including doctors specializing in high-risk pregnancies
- Our physicians have proven experience handling complex conditions such as preeclampsia, gestational diabetes, high blood pressure, carrying multiples, preterm labor, and advanced maternal age pregnancies, to name a few

*We're committed to
delivering exceptional care.*

Award-winning premier hospital partners

When you're pregnant, you want to know that you're getting the best possible care for you and your baby. Each year, thousands of pregnant women receive care in our medical centers, and we help bring their babies into the world at our carefully selected Kaiser Permanente premier hospital partners.

Kaiser Permanente obstetricians are located at our premier hospitals 24/7 and have access to your electronic medical records and medical history so they can provide seamless care.

Greater Baltimore Medical Center*
Baltimore, MD

Saint Agnes Hospital*
Baltimore, MD

Holy Cross Hospital*
Silver Spring, MD

Sibley Memorial Hospital
Washington, DC

**MedStar Washington
Hospital Center***
Washington, DC

Stafford Hospital*
Stafford, VA

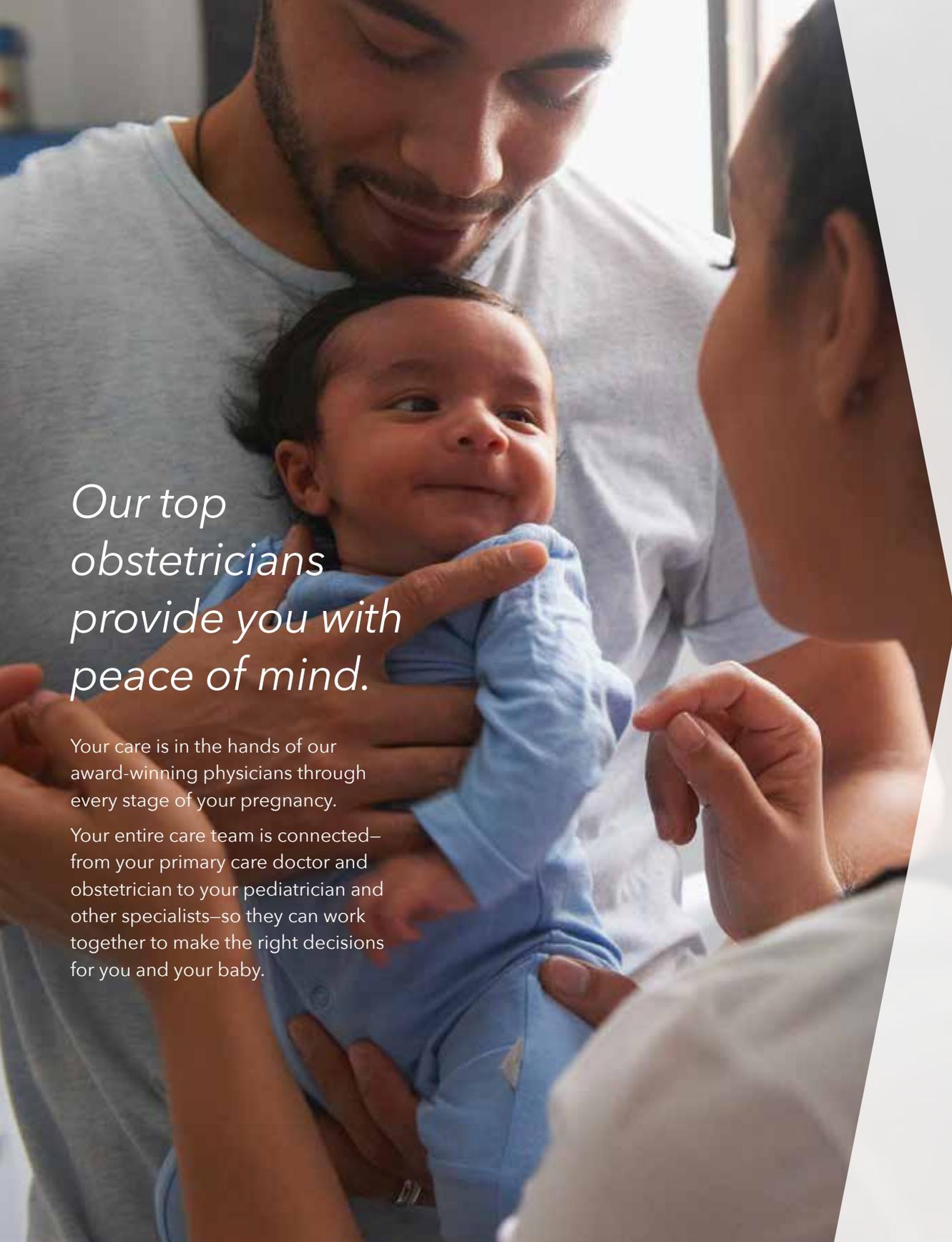
Reston Hospital Center*
Reston, VA

Virginia Hospital Center*
Arlington, VA

For more information about our premier hospitals, visit
kp.org/premierhospitals.

*Indicates hospital with a Neonatal Intensive Care Unit (NICU).

Kaiser Permanente premier hospitals are independently owned and operated hospitals and are not affiliated entities of Kaiser Permanente.

A close-up photograph of a man with a beard and mustache, wearing a light blue t-shirt, holding a baby in a blue onesie. The man is looking down at the baby with a gentle smile. The baby is looking towards the camera.

*Our top
obstetricians
provide you with
peace of mind.*

Your care is in the hands of our award-winning physicians through every stage of your pregnancy.

Your entire care team is connected—from your primary care doctor and obstetrician to your pediatrician and other specialists—so they can work together to make the right decisions for you and your baby.



Amy Banulis, MD
Obstetrics and Gynecology
Falls Church Medical Center

"I had a great experience with Dr. Banulis. I had a high-risk pregnancy and she gave me very detailed attention and really helped me through some tough times and was very emotionally supportive as well."

– Kaiser Permanente member



Carla Sandy, MD
Obstetrics and Gynecology
Kaiser Permanente
Capitol Hill Medical Center

"Love her to death! She is so sweet and listens to me and my concerns. She is very nurturing, caring, and explains every detail to me!"

– Kaiser Permanente member



Dennis Amini, MD
High Risk Specialist
Maternal Fetal Medicine
Gaithersburg Medical Center

"Dr. Dennis Amini was my fetal medicine doctor. I had a difficult pregnancy and had to see him early on and quite frequently through my pregnancy, and he's just fantastic ..."

– Kaiser Permanente member

You can view the profiles of all of our obstetricians at kp.org/doctor.



*We'll be there every step
of the way for you and the
newest member of your family.*

Whether it's your first child or brothers and sisters will greet your baby, the early days home after the hospital are important for both of you. Baby baths and feedings must be balanced with your rest, nutrition, and care for your other physical needs.

You, your body, and your mind

You'll have access to a wealth of breastfeeding resources, including lactation consultants, to help you. You'll also have 24/7 access to advice nurses, secure email with your physician, Urgent Care, pharmacy, laboratory, and more. You can even schedule video appointments with your Kaiser Permanente physician for certain medical conditions or questions.²

Your baby's first days

Because your obstetrician and other doctors are in the same medical group with pediatricians, your infant will move seamlessly into pediatric care.

We encourage you to meet with pediatricians before your delivery to choose a doctor. Your baby's first appointment date will be set before you leave the hospital. At that visit, your newborn will receive a full physical assessment.

You'll also get information about newborn care and nutrition to build on what you learned in your prenatal classes and in the hospital.

You can view the profiles of all of our
pediatricians at kp.org/doctor.

What you get with Kaiser Permanente:

<p>Coverage</p>	<p>Your health plan will help pay your bills for care. To understand the care, tests, hospitalization, etc., covered in your health plan agreement, contact the benefits administrator where you work, or call Kaiser Permanente member services at 301-468-6000.</p> <p>Please refer to your plan agreement for details.</p>	<p>Comprehensive perinatal (high-risk) program</p>	<ul style="list-style-type: none"> • The perinatal service center is staffed with registered nurses who specialize in high-risk obstetrics. They can help guide you if you experience high blood pressure or gestational diabetes, and work with you to prevent an early birth. • The Early Start Program is offered to help expectant mothers quit or abstain from alcohol, tobacco, or chemical substances if needed. • High-risk case management.
<p>Integrated care</p>	<p>Kaiser Permanente's integrated health system connects your entire care team—your primary care doctor and obstetrician, your pediatricians and other specialists, as well as pharmacy, lab, and radiology—so they can all work together with you to make the right health decisions for you and your baby.</p>	<p>Electronic breast pump</p>	<ul style="list-style-type: none"> • Electronic breast pump, including instruction with a registered nurse, is given³ in the doctor's office during your postpartum visit. • Special instruction is provided on how to go back to work and/or school while breastfeeding.
<p>Sonograms</p>	<p>Two sonograms provided at no additional cost (excluding those with a high-deductible plan) to track the development of your little one during your first and second trimesters.</p>	<p>Lactation consultants</p>	<p>Address breastfeeding questions and/or concerns with you:</p> <ul style="list-style-type: none"> • In person, or by secure email, telephone appointment, or video visit.² • No additional cost.
<p>Genetic screening</p>	<ul style="list-style-type: none"> • Screening for genetic disorders in first trimester at no additional cost. • Genetic consultations provided by Kaiser Permanente (copayment dependent upon your plan). 	<p>On-the-go care</p>	<p>Use our app or visit kp.org to:</p> <ul style="list-style-type: none"> • Email your doctor's office. • Schedule, change, or cancel appointments. • Read most lab tests. • Order most prescription refills. • Read after-visit doctor's instructions. • Visit kp.org/experience to learn about these features and many more.
<p>Prenatal classes</p>	<p>Four different prenatal classes are offered throughout your pregnancy and the birth of your child.</p> <ul style="list-style-type: none"> • Classes specific to Kaiser Permanente. • No additional cost for any prenatal classes. 	<p>Video visits</p>	<p>Have a video visit with a Kaiser Permanente emergency medicine physician for your urgent health matters from home, work, or almost anywhere at no additional cost. You can even schedule appointments online 24/7.²</p>

¹To learn which tests are covered in your health plan, contact the benefits administrator where you work, or call Kaiser Permanente member services at 301-468-6000.

²During a video visit, you must be present in Maryland, Virginia, Washington, DC, Florida, North Carolina, West Virginia, or Pennsylvania. For members 18 and older. For certain medical conditions.

³For members with stated benefit.

⁴The source for data contained in this publication is Quality Compass[®] 2016 and is used with the permission of the National Committee for Quality Assurance (NCQA). Quality Compass 2016 includes certain CAHPS data. Any data display, analysis, interpretation, or conclusion based on these data is solely that of the authors, and NCQA specifically disclaims responsibility for any such display, analysis, interpretation, or conclusion. Quality Compass is a registered trademark of NCQA. CAHPS[®] is a registered trademark of the Agency for Healthcare Research and Quality (AHRQ).

Quality care when you need it.

Kaiser Permanente of the Mid-Atlantic States is rated #1 in the District of Columbia, Virginia, and Maryland—and in the top 10 percent of all plans nationally—in clinical quality measures for prenatal and postpartum care.⁴

We have nearly 150 top-notch obstetricians who delivered 6,500 babies in 2015. Rest assured, our physicians have the experience to take care of you every step of the way through your pregnancy.

kp.org/maternity

