

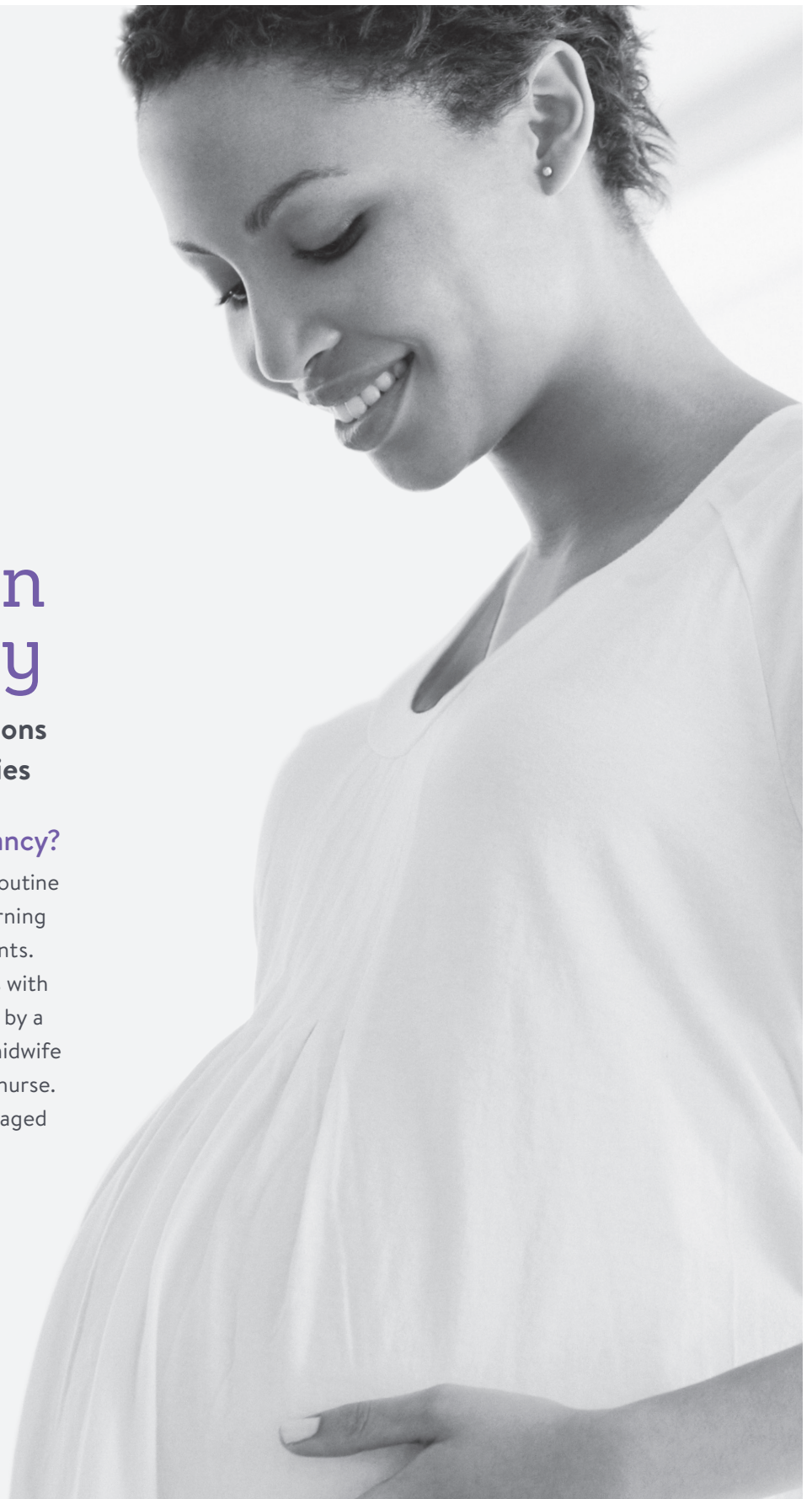


Partners in Pregnancy

**Building strong connections
to support healthy families**

What is Partners in Pregnancy?

Partners in Pregnancy combines routine prenatal care with interactive learning opportunities for expecting parents. Each group includes 8–12 patients with similar due dates. The group is led by a prenatal care provider, usually a midwife or nurse practitioner, and a clinic nurse. Partners are welcome and encouraged to participate.



What can I expect?

You will attend a series of seven two-hour sessions. These replace and enrich typical prenatal clinic visits. Each session begins with self-assessment and a private check-in with the provider. Then, the whole group comes together for interactive sharing and learning to address a range of topics including:

Emotional and physical changes

Nutrition and exercise

Stress and self-care

Preparing for labor and birth

Breastfeeding basics and resources

Newborn care & pediatric services

Group facilitators will lead classes on these topics, inviting experts as guest speakers on occasion. You are encouraged to share your questions and experiences with the rest of the group.

Does this cost extra?

No. Partners in Pregnancy sessions take the place of routine prenatal clinic visits and are covered by standard prenatal care packages.

Can I still schedule individual clinic visits?

Yes. If you have care needs that cannot be addressed during the group sessions or that arise between sessions, you can schedule an individual visit with your prenatal provider at no additional cost.

Why group prenatal care?

Partners in Pregnancy creates a space where expecting parents can learn and share with one another. The group's aim is to inform and empower you to confidently make decisions before, during and after your big day. The group setting sparks many connections (and sometimes future play dates, too!) Longer sessions give you more face time with care providers and topic experts as well as more hands-on, in-depth learning. Group prenatal care has improved outcomes for families through:

Higher satisfaction with prenatal care

Improved sense of empowerment and community

Fewer emergency room visits

Lower rates of preterm birth and low birth weight

Higher rates of breastfeeding success

Decreased rates of postpartum depression

How do I sign up?

To register, call **612-341-4908** or email Jennifer.L.Fricton@HealthPartners.com

For more information

Visit: healthpartners.com/midwives