

Maternal Wellness Physician Visit Report

Take this form with you to your next scheduled prenatal checkup and have your provider sign.

Fax the below to **405-552-8729** by **October 31, 2020**.

- ✓ Signed Maternal Wellness Physician Visit Report
- ✓ A copy of your visit summary

Prenatal Visits Prenatal visits allow your doctor to closely watch your health and your baby's progress. During these visits, you will be examined and the growth of the baby will be checked. These visits provide a good chance to discuss any questions or concerns and learn more about your pregnancy.

_____ I have visited my doctor on a regular basis throughout my pregnancy.

Childbirth Education Childbirth education classes are a good way to learn what happens during labor and birth and how to prepare for it. Your doctor may help direct you to a childbirth education class that is a good match for you and the kind of birth you expect. These classes often meet over the course of a few weeks or months. They will inform you about the labor and delivery process and teach you how to help it go smoothly.

_____ I have completed childbirth classes in the past or I am currently enrolled in childbirth classes.

Please list date, time and location: _____

Taking Care of Your Health It is important to take good care of both your physical and mental health during pregnancy. Many choices you make in your daily life during pregnancy can affect your health as well as the health of your baby.

_____ I am taking prenatal vitamins or _____ N/A as recommended by my physician

Weight Gain An average woman needs about 2,000 calories a day. When you are pregnant, you need about 300 calories more each day to stay healthy and help the fetus grow.

A woman whose weight is normal before she becomes pregnant should gain 25 to 35 pounds during pregnancy. Women who are underweight should gain about 28 to 40 pounds. Women who are overweight should gain 15–25 pounds. Women who are obese should gain about 11 to 20 pounds. Women carrying twins should gain as much as 45 pounds.

_____ Weight gain within normal limits?

Weight gain is not in normal limits and has been counseled regarding the risks associated with obesity in pregnancy and dietician referral recommended. Dietician referral ordered _____

Breastfeeding Breastfeeding is the best way to feed newborns. Mother's milk best meets the baby's nutritional needs and helps the baby resist disease and allergies. Breastfeeding also is cheaper than bottle feeding. Breastfeeding may not be for all women. Many factors are involved in each woman's decision, including lifestyle and medical issues. Breastfeeding for even a few weeks has health benefits for the baby.

_____ I have completed breastfeeding classes in the past or I am currently enrolled in breastfeeding classes.

Please list date, time and location: _____

Previously breastfeed successfully? For how long? _____

Name (Please Print)

Date of Birth

Employee ID or Spouse Employee ID

Physician Name

Phone

Physician Signature

Date