



Maternal Wellness

Program requirements and verification form must be met and submitted to employee wellness by
October 31, 2020

*Caregivers and spouses covered under the INTEGRIS Medical Plan are eligible for the 2020 cash incentive

Pregnancy is an exciting time of major change and it's especially important that we adopt healthy habits during pregnancy. From the very start, your baby-to-be alters your body and the way you live your daily life. We encourage you to get regular prenatal care, make sure you are well-informed when making decisions, and follow a healthy lifestyle. You will be helping your baby to have a healthy start in life and helping yourself to feel your best.

Guidelines:

- Complete one of the following options listed below by October 31st, 2020
- Provide Certificate of Completion by October 31st, 2020
- Provide Proof of Payment by October 31st, 2020

Program Options:

- Lactation consultation
 - Baptist Medical Center: 405.949.3405
 - Bass Baptist, Enid: 580.548.1561
 - Canadian Valley: 405.717.6900
 - Edmond: 405.657.3250 or 405.657.3245
 - Grove Hospital: 918.786.4278
 - Lakeside: 405.936.1500
 - Miami Hospital: 918.540.7210
 - Southwest Medical Center: 405.644.5242
- Online Childbirth Class
 - Online childbirth class is ideal for expectant parents who can't attend an on-site childbirth class due to work schedules, time constraints, or medical conditions. The eight-chapter program is an interactive, web-based class that uses videos, personal birth stories, animations, activities, and games to teach all the essential information parents need to know to prepare for their birth.
 - Online childbirth class will help you:
 - ✓ Understand pregnancy – what's happening to your body, discomforts, warning signs, nutrition, exercise, and more

- ✓ Learn about labor – preparing for birth, pre-labor signs, onset of labor, 3D animation of labor process, and more
 - ✓ See how the stages of labor unfold – watch amazing real-life birth stories
 - ✓ Discover helpful comfort techniques – breathing, relaxation, massage, visualization, focal points, hydrotherapy, labor and pushing positions, advice for partners, and more

- Successful Breastfeeding Class
 - Breastfeeding is natural for you and your baby, but it is a skill that needs to be learned. The goal of our breastfeeding class is to help prepare you for breastfeeding after the arrival of your baby.
 - Topics covered in the Breastfeeding Class include:
 - ✓ Skills for breastfeeding
 - ✓ What to expect
 - ✓ Working and breastfeeding
 - ✓ Information on breast pumps and supplies

- Birth of your Baby
 - Birth of your Baby focuses on preparing for the actual birth of your child. This class is designed to be taken in the last trimester of pregnancy.
 - Topics covered in the Birth of your Baby Class include:
 - ✓ The Normal Birthing Process
 - ✓ The Role of the Labor Companion During Birthing
 - ✓ Communicating with Your Medical Caregivers
 - ✓ Cesarean Birth
 - ✓ Comfort Skills for Labor (Relaxation, Breathing, Massage, Body Positioning)
 - ✓ Postpartum Recovery After Birth
 - ✓ Hospital Tour

- Baby Basics
 - Baby Basics focuses on healthy pregnancy and healthy parenting skills. This class is designed to be taken in the second trimester of pregnancy.
 - Topics covered in the Baby Basics class include:
 - ✓ Your Developing Baby - Getting to know your baby before he/she is born.
 - ✓ Shopping for Your Baby - What are the essentials?
 - ✓ Keeping Your Baby Safe
 - ✓ Choosing Health Care for Your Baby
 - ✓ Feeding Your Baby and Child
 - ✓ The Normal Newborn - Where's my Gerber baby?
 - ✓ Everything You Need to Know About Your Baby's Hospital Stay
 - ✓ Day-to-Day Care of Your Newborn

✓ Setting Yourself Up for Success in Parenting

- Preparing for Multiples

- The Women's Center at INTEGRIS Baptist Medical Center offers a class on various evenings for parents expecting twins, triplets or more.
- Topics covered in the Preparing for Multiples class include:
 - ✓ Understanding Multiple Pregnancy
 - ✓ Caring for Mom and Babies
 - ✓ Labor and Birth X 2 or More
 - ✓ Feeding Your Infants
 - ✓ Baby Products and the Nursery
 - ✓ Your New Life
 - ✓ Special Interest and Resources

If there is a program you don't see on the list, please contact Employee.Wellness@integrisok.com for approval.