

Transforming prenatal care

through a unique combination of services:



Give your prenatal care a boost

CenteringPregnancy is offered at 3 Kaiser Permanente facilities nearby:

- Delta Fair Medical Offices in Antioch
- Park Shadelands Medical Offices in Walnut Creek
- Pleasanton Medical Offices

To sign up, just call our CenteringPregnancy coordinator at **925-779-5103**.



CenteringPregnancy®
Bond over your bump

Prenatal care in a group setting



What is CenteringPregnancy®?

CenteringPregnancy is a fun, unique prenatal care experience that's available for expecting moms at Kaiser Permanente. You'll join other moms-to-be for 2-hour group appointments that give you private time with a health care professional as well as group education and support.

Best of all, you can bond with other women who share a similar due date and form lasting friendships. It's like a prenatal playdate!

How does it work?

In a comforting environment, you'll get the information and tools you need to make healthy choices for you, your baby, and your whole family. And you'll get a chance to actively participate in your care by learning self-care techniques like monitoring your blood pressure.

Sessions begin about 12 to 16 weeks into your pregnancy and continue until you give birth (monthly at first, then every 2 weeks as your due date approaches). And there's no extra cost – only your regular copay, coinsurance, or deductible payment will apply.

What happens during a typical appointment?

At the start of every session, each woman has a brief, private health assessment while the other women enjoy conversation and refreshments. The rest of the time is devoted to learning and sharing as a group. You'll cover different educational topics related to pregnancy, childbirth, and parenting, and you'll be invited to share your questions and personal experiences.

Journal it

Track your baby's growth and your own progress in a special, keepsake notebook that we'll provide for you.



Highlights:

- 10 appointments, 1.5 to 2 hours each.
- 8 to 12 women per group.
- Led by Kaiser Permanente doctors and certified nurse-midwives.
- All appointments are prescheduled – giving you more time to plan ahead for child care, work, and other obligations.
- Partners, family members, or close friends welcome (no children, please).
- Private physical exams, lab tests, and ultrasounds.
- More hours of prenatal education and support.
- Confidential group discussion.*
- Complimentary refreshments.
- A postpartum appointment and "baby reunion" to bring moms together again after everyone has given birth.

*All members of the group sign a confidentiality agreement.