

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



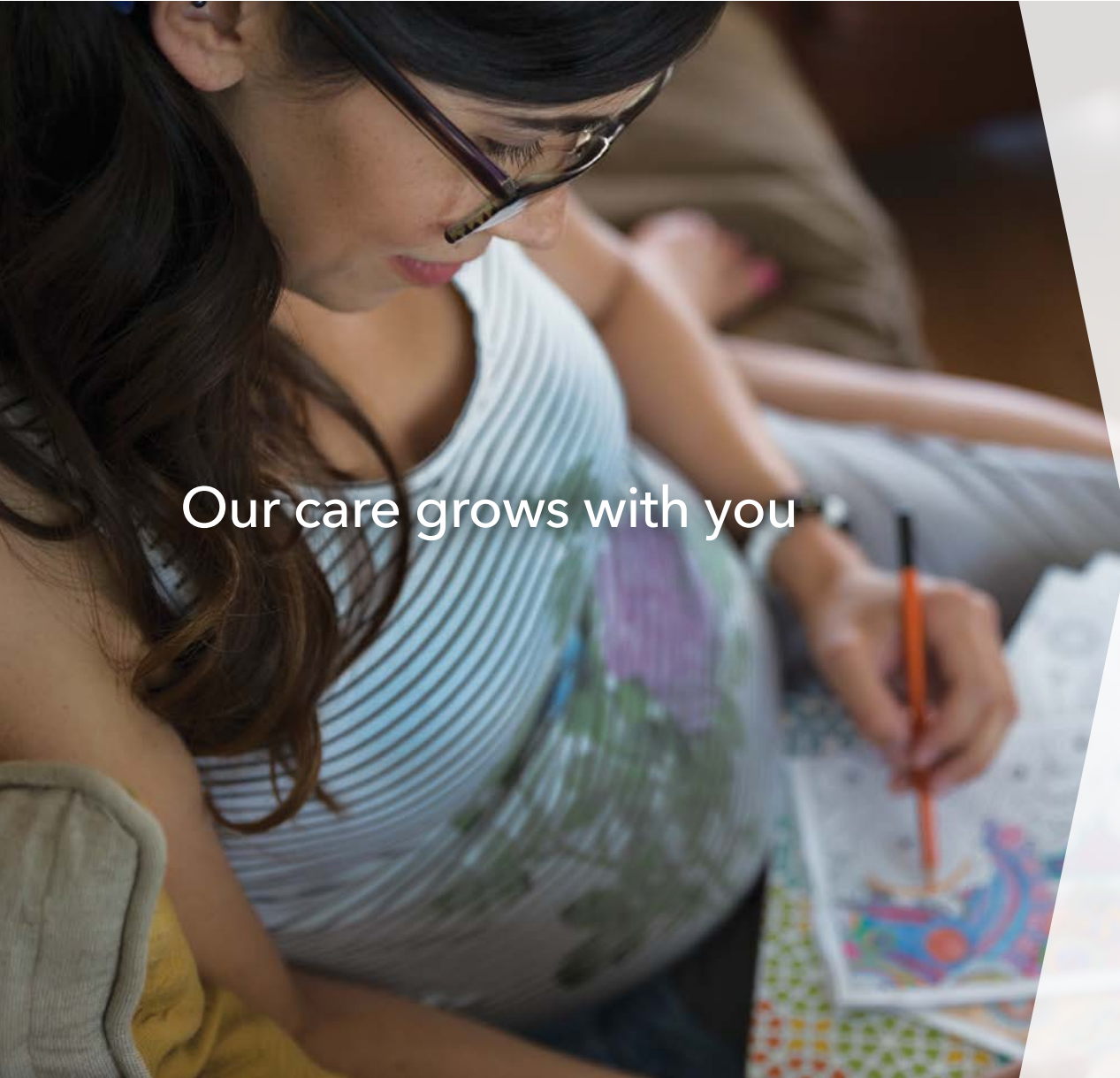
[kp.org/maternity](https://kp.org/maternity)



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 in each trimester.**

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

- Prenatal visits every 4 to 6 weeks in the 1st and 2nd trimesters, then every 2 to 4 weeks until your last month, and then every 1 to 2 weeks until delivery
- Genetic screening and consultations with a certified genetic counselor during your first trimester at no additional cost;<sup>1</sup> convenient video visits are also available for genetic screening<sup>2</sup>
- Two sonograms provided (excluding high-deductible plans)—one during your first trimester and another in your second trimester
- 24/7 access to specialized maternity services, clinical advice, secure email with your physician, Urgent Care, pharmacy and laboratory services, and more

**You'll find online classes for 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 and nurses 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





We're committed to  
delivering exceptional care

### Award-winning premier hospitals<sup>3</sup>

When you're expecting, 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 hospitals.

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

**Baltimore Washington Medical Center**

Glen Burnie, MD

**Holy Cross Germantown**

Germantown, MD

**Holy Cross Hospital**

Silver Spring, MD

**Luminis Health Anne Arundel Medical Center**

Annapolis, MD

**St. Joseph Medical Center**

Baltimore, MD

**MedStar Washington Hospital Center**

Washington, DC

**INOVA Fair Oaks Hospital**

Fair Oaks, VA

**Stafford Hospital**

Stafford, VA

**Virginia Hospital Center**

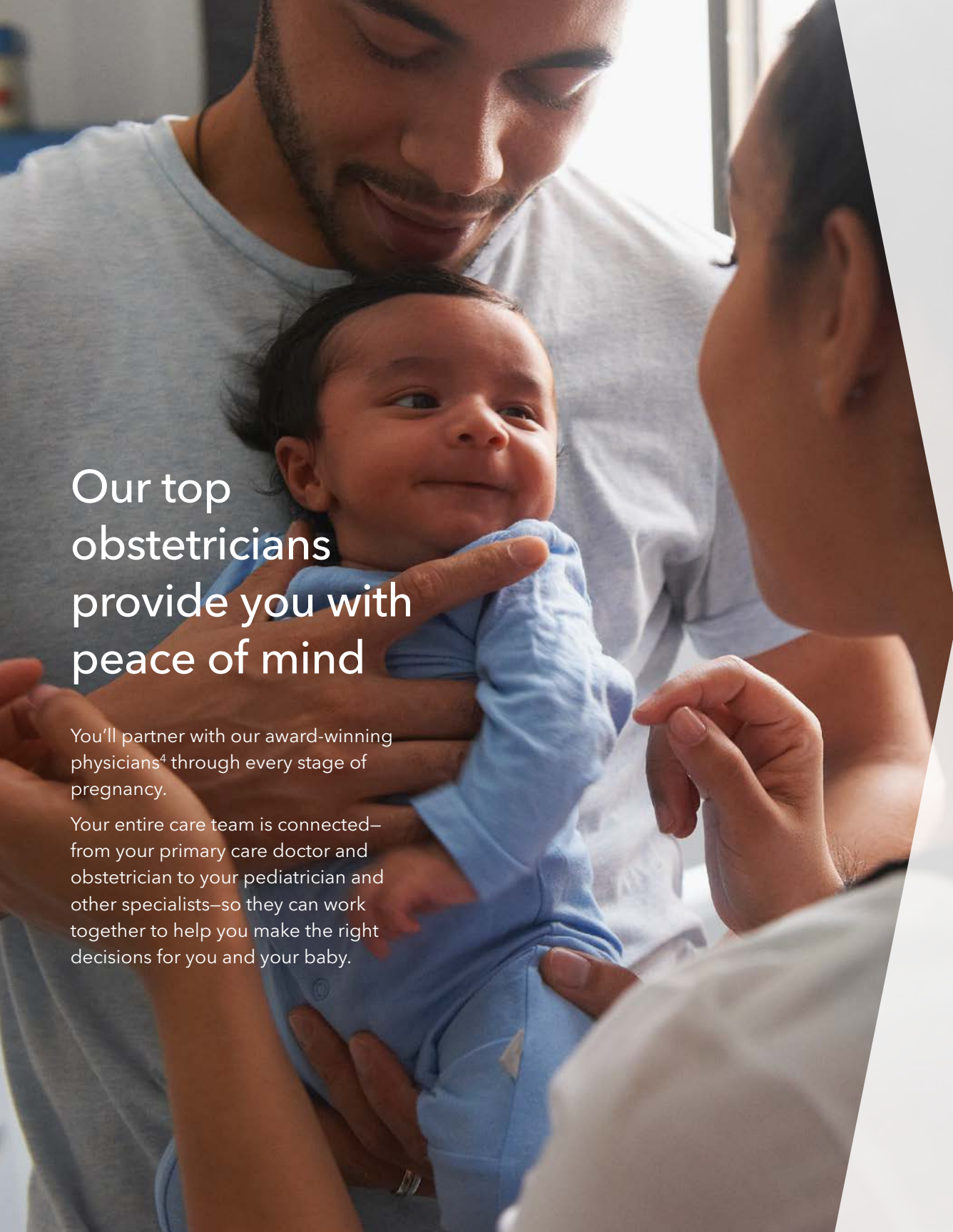
Arlington, VA

For more information about our premier hospitals, visit  
[kp.org/premierhospitals](https://kp.org/premierhospitals).

Each of our premier hospitals offers a neonatal intensive care unit (NICU).

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





Our top  
obstetricians  
provide you with  
peace of mind

You'll partner with our award-winning physicians<sup>4</sup> through every stage of 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 help you 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  
Silver Spring 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](https://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 other physical needs.

### You, your body, and your mind

You'll have access to a wealth of breastfeeding resources to help you—including lactation consultants (at no extra cost) and individual and group support for women experiencing anxiety or depression before and after birth. You'll also have 24/7 access to the maternity call center, secure email with your physician, Advanced Urgent Care, pharmacy, laboratory, and more. You can even schedule video appointments with your Kaiser Permanente physician for certain medical conditions or questions.<sup>2</sup>

### 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 learn about our pediatricians on **kp.org** 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 at one of our Newborn Care Centers located in select pediatric departments.

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

<b>Coverage</b>	<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 Member Services at <b>301-468-6000</b> (TTY 711).</p> <p>Please refer to your plan agreement for details.</p>
<b>Integrated care</b>	<p>Our integrated health system connects your entire care team—primary care doctor and obstetrician, pediatricians and other specialists, as well as pharmacy, lab, and radiology—so they can all work together, and with you, to help you make the right health decisions for you and your baby.</p>
<b>Sonograms</b>	<p>Two sonograms are provided at no extra cost (excluding high-deductible plans) to track the development of your little one during your first and second trimesters.</p>
<b>Genetic screening</b>	<ul style="list-style-type: none"> <li>• Screening for genetic disorders in your first trimester at no additional cost</li> <li>• Genetic consultations provided by Kaiser Permanente (copayment dependent upon your plan)</li> </ul>
<b>Prenatal care options</b>	<ul style="list-style-type: none"> <li>• Traditional prenatal care—individual appointments with your primary care obstetrician.</li> <li>• CenteringPregnancy<sup>5</sup> brings six to eight women, who are due at the same time, together for their care. After private wellness checks, the providers and moms gather to discuss pregnancy and infant care topics throughout the prenatal visits.</li> <li>• KP Connected Pregnancy is a mix of video visits and in-person office visits.<sup>2,5</sup> The model uses an at-home toolkit that includes a blood pressure monitor, fetal doptone, and weight scale.</li> </ul>
<b>Prenatal classes</b>	<p>Four different prenatal classes are offered online during your pregnancy—at no extra cost.</p> <ul style="list-style-type: none"> <li>• Classes are specific to Kaiser Permanente.</li> <li>• Classes are offered in English and Spanish.</li> </ul>
<b>Comprehensive perinatal (high-risk) program</b>	<ul style="list-style-type: none"> <li>• Our 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, gestational diabetes, or preterm labor, and work with you to help you have a healthy baby.</li> <li>• The Early Start program is offered to expectant mothers who want to quit or abstain from alcohol, tobacco, or chemical substances.</li> <li>• Perinatal case managers can assist women who need safe and stable housing, food, or transportation to medical visits.</li> </ul>

<b>Electronic breast pump</b>	<ul style="list-style-type: none"> <li>• An electronic breast pump, including instructions, is given<sup>6</sup> in the doctor's office in late pregnancy, during your baby's first visit in our Newborn Care Center, or your postpartum visit.</li> <li>• Special instruction is offered on how to go back to work and/or school while continuing to breastfeed.</li> </ul>
<b>Lactation consultants</b>	<p>Address breastfeeding questions and concerns:</p> <ul style="list-style-type: none"> <li>• In person or by secure messaging, telephone appointment, or video visit<sup>2</sup></li> <li>• No additional cost</li> </ul>
<b>On-the-go care</b>	<p>Use the Kaiser Permanente app or visit <a href="https://kp.org">kp.org</a> to:<sup>7</sup></p> <ul style="list-style-type: none"> <li>• Email your doctor's office.</li> <li>• Schedule, change, or cancel appointments.</li> <li>• Read most lab tests.</li> <li>• Order most prescription refills.</li> <li>• Read after-visit doctor's instructions.</li> <li>• Visit <a href="https://kp.org/getcare">kp.org/getcare</a> to learn about these features and many more.</li> </ul>
<b>Video visits</b>	<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.<sup>2</sup></p>

## Endnotes

<sup>1</sup>To 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** (TTY 711).

<sup>2</sup>When appropriate and available. If you travel out of state, phone appointments and video visits may not be available in select states due to licensing laws. Laws differ by state.

<sup>3</sup>Kaiser Permanente premier hospitals are independently owned and operated hospitals and are not affiliated entities of Kaiser Permanente. The continued availability and/or participation of any hospital cannot be guaranteed. For the most current information, visit [kp.org/premierhospitals](https://kp.org/premierhospitals).

<sup>4</sup>The physicians who practice at Kaiser Permanente are recognized as Top Doctors in *Northern Virginia Magazine* (2023), *Washingtonian* magazine (2022), and *Baltimore* magazine (2022).

<sup>5</sup>Only available at select medical centers. Please call Member Services for more information.

<sup>6</sup>For members with stated benefit.

<sup>7</sup>NCQA Commercial Health Plan Ratings 2022.

<sup>8</sup>The source for data contained in this publication is Quality Compass<sup>®</sup> 2022 and is used with the permission of the National Committee for Quality Assurance (NCQA). Quality Compass 2022 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<sup>®</sup> is a registered trademark of the Agency for Healthcare Research and Quality (AHRQ).

Kaiser Permanente physicians are those physicians who are part of the Mid-Atlantic Permanente Medical Group, P.C.

# Quality care when you need it

Kaiser Permanente of the Mid-Atlantic States is rated 5 out of 5 for our commercial health plan<sup>7</sup>—the highest rating in the nation—and for clinical quality measures like prenatal and postpartum care.<sup>8</sup>

We have nearly 165 top-notch obstetricians who delivered 8,688 babies in 2022. Rest assured, our physicians have the experience to take care of you every step of the way through your pregnancy.

[kp.org/maternity](https://kp.org/maternity)



**KAISER PERMANENTE®**