

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

kp.org/maternity



Your plan is governed by one or more agreements, called an *Evidence of Coverage (EOC)*, *Membership Agreement*, *Federal brochure RI 73-927* (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;¹ convenient video visits are also available for genetic screening²
- 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 available 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
- Physicians with 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 hospitals³

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

INOVA Fair Oaks Hospital
Fair Oaks, VA

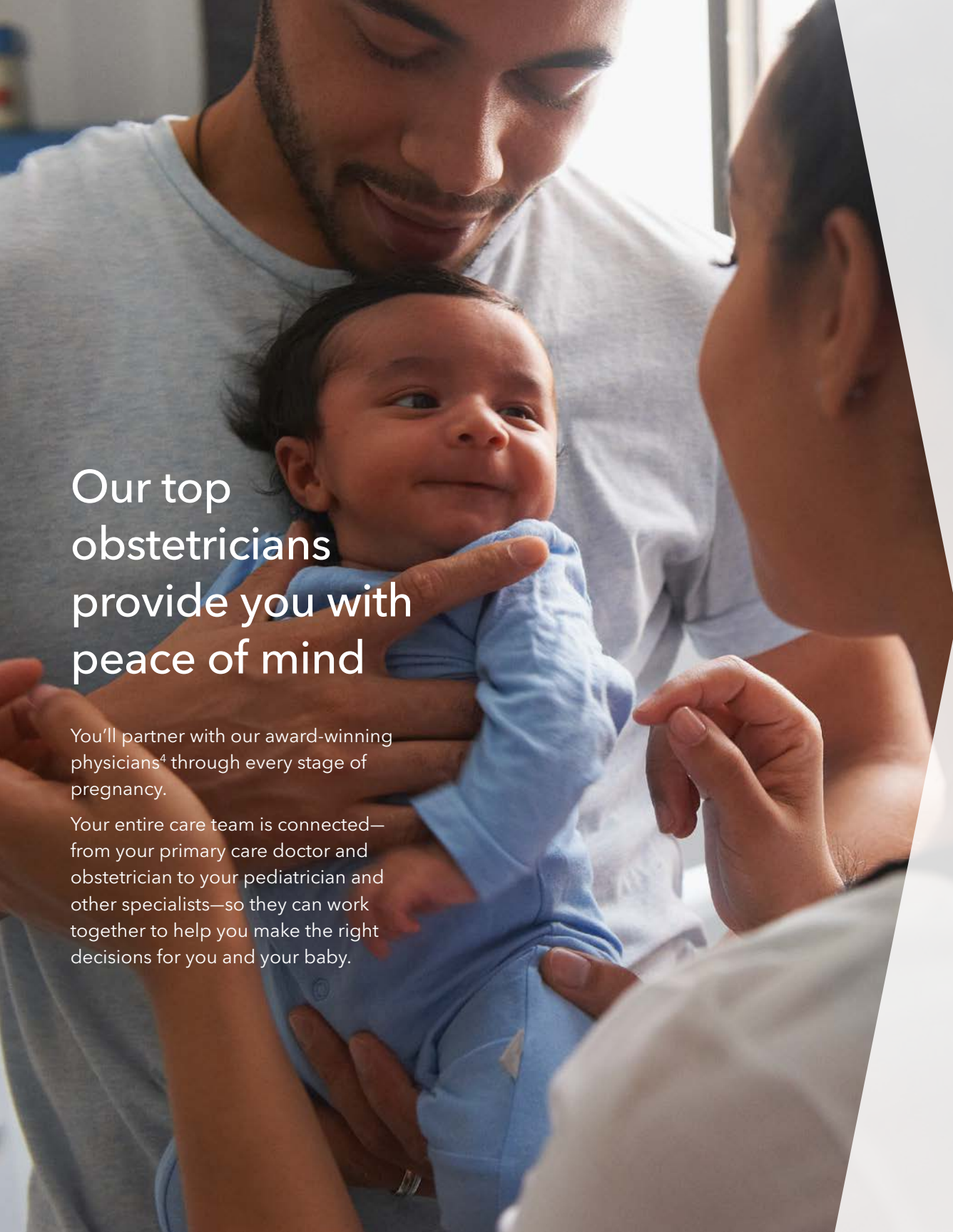
VHC Health
Arlington, VA

MedStar Washington Hospital Center
Washington, DC

For more information about our premier hospitals, visit
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.

A close-up photograph of a man and a woman holding a newborn baby. The man is on the left, looking down at the baby with a gentle smile. The woman is on the right, also looking at the baby. The baby is wearing a blue onesie and is looking towards the camera.

Our top obstetricians provide you with peace of mind

You'll partner with our award-winning physicians⁴ 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**




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.



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.²

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

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| Coverage | <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 301-468-6000 (TTY 711).</p> <p>Please refer to your plan agreement for details.</p> |
| Integrated care | <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> |
| Sonograms | <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> |
| Genetic screening | <ul style="list-style-type: none"> Screening for genetic disorders in your first trimester at no additional cost Genetic consultations provided by Kaiser Permanente (copayment dependent upon your plan) |
| Prenatal care options | <ul style="list-style-type: none"> Traditional prenatal care—individual appointments with your primary care obstetrician. CenteringPregnancy^{®5} 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. Kaiser Permanente Connected Pregnancy Care is a mix of video visits and in-person office visits.^{2,5} The model uses an at-home toolkit that includes a blood pressure monitor, fetal doplone, and weight scale. |
| Prenatal classes | <p>Four different prenatal classes are offered online during your pregnancy—at no extra cost.</p> <ul style="list-style-type: none"> Classes are specific to Kaiser Permanente. Classes are offered in English and Spanish. |
| Comprehensive perinatal (high-risk) program | <ul style="list-style-type: none"> 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. The Early Start program is offered to expectant mothers who want to quit or abstain from alcohol, tobacco, or chemical substances. Perinatal case managers can assist women who need safe and stable housing, food, or transportation to medical visits. |
| Electronic breast pump | <ul style="list-style-type: none"> An electronic breast pump, including instructions, is given⁶ in the doctor's office in late pregnancy, during your baby's first visit in our Newborn Care Center, or your postpartum visit. Special instruction is offered on how to go back to work and/or school while continuing to breastfeed. |

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| Lactation consultants | <p>Address breastfeeding questions and concerns:</p> <ul style="list-style-type: none"> In person or by secure messaging, telephone appointment, or video visit² No additional cost |
| On-the-go care | <p>Use the Kaiser Permanente app or visit kp.org to:⁷</p> <ul style="list-style-type: none"> Email your doctor's office. Schedule, change, or cancel appointments. Read most lab tests. Order most prescription refills. Read after-visit doctor's instructions. <p>Visit kp.org/getcare to learn about these features and many more.</p> |
| Video visits | <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 24/7.²</p> |

Endnotes

¹To 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)**.

²When 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.

³Kaiser 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.

⁴The physicians who practice at Kaiser Permanente are recognized as Top Doctors in *Arlington Magazine (2025)*, *Bethesda magazine (2025)*, *Northern Virginia Magazine (2025)*, *Washingtonian magazine (2024)*, and *Baltimore magazine (2024)*.

⁵Only available at select medical centers. Please call Member Services for more information.

⁶For members with stated benefit.

⁷To use the Kaiser Permanente app, you must be a Kaiser Permanente member registered on kp.org.

⁸In the NCQA Commercial Health Plan Ratings 2024, our commercial plan is rated 5 out of 5, the highest rating in the region.

⁹The source for certain health plan measure rates and benchmark (averages and percentiles) data ("the Data") is Quality Compass[®] 2023 and is used with the permission of the National Committee for Quality Assurance ("NCQA"). Any analysis, interpretation or conclusion based on the Data is solely that of the authors, and NCQA specifically disclaims responsibility for any such analysis, interpretation or conclusion. Quality Compass is a registered trademark of NCQA. The Data comprises audited performance rates and associated benchmarks for Healthcare Effectiveness Data and Information Set measures ("HEDIS[®]") and HEDIS CAHPS[®] survey measure results. HEDIS measures and specifications were developed by and are owned by NCQA. HEDIS measures and specifications are not clinical guidelines and do not establish standards of medical care. NCQA makes no representations, warranties or endorsement about the quality of any organization or clinician who uses or reports performance measures, or any data or rates calculated using HEDIS measures and specifications, and NCQA has no liability to anyone who relies on such measures or specifications. NCQA holds a copyright in Quality Compass and the Data and may rescind or alter the Data at any time. The Data may not be modified by anyone other than NCQA. Anyone desiring to use or reproduce the Data without modification for an internal, noncommercial purpose may do so without obtaining approval from NCQA. All other uses, including a commercial use and/or external reproduction, distribution or publication, must be approved by NCQA and are subject to a license at the discretion of NCQA. ©2022 National Committee for Quality Assurance, all rights reserved. CAHPS 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 plan⁸—the highest rating in the region—and for clinical quality measures like prenatal and postpartum care.⁹

We have more than 160 top-notch obstetricians who delivered 8,222 deliveries in 2024. Rest assured, our physicians have the experience to take care of you every step of the way through your pregnancy.

kp.org/maternity



KAISER PERMANENTE®