

# Congratulations!

## You're more than halfway there!



### Have questions?

**Please ask.** If you use MyChart, please call us to discuss any concerns about the baby, your pregnancy care or symptoms you are having. MyChart should be used for non-urgent messages as it is only checked every 24-48 hours. Don't wait to get the health advice you need.

### You can always reach an on-call provider 24 hours a day.

Our team members will answer any important questions about your pregnancy that cannot wait until business hours. Just call the main number of your care center and be sure to tell us you are pregnant. You will get a call back from a provider who can help with your specific needs. If you do not hear from us within 15 minutes, please call back.

### In preparation for your baby's birth, please review the following important information:

#### The frequency of your prenatal visits will change to:

- Every 2 weeks from 28-36 weeks
- Every week after 36 weeks

**Medical Leave forms:** If you need Medical Leave forms completed for your employer, please bring them to your next prenatal visit. Please allow us ample time to complete and return them to you.

**Health Care Proxy:** You must select a person who can make medical decisions for you in the event that you are unable to do so during your hospital stay. A Health Care Proxy form is located in this packet. Please bring the completed form to an upcoming prenatal visit.

**Pediatric care:** It is important to choose a doctor for your baby so they can be seen after they are born. CHA has excellent pediatric and family medicine doctors and you can learn more about them in the enclosed flyer. You can also call our Doctor Finder Service at 617-665-1305 or visit [www.challiance.org/beapatient](http://www.challiance.org/beapatient) to get help finding a doctor for your baby.

**Car seats:** Required when leaving the hospital in a vehicle (personal or taxi).

**TDaP vaccine:** You will receive counseling on the importance of receiving this vaccine while pregnant. Please read the enclosed information.

**Childbirth education:** We provide free childbirth classes for our patients. Please read the enclosed details and call the number listed to sign up for the class you want.

**Postpartum contraception:** You will receive counseling on contraceptives available to you after your delivery.



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