

Pregnancy Journey Map

Your pregnancy journey may vary depending on your needs.

Our Bright Start® program can help you have a healthier pregnancy.

Need help finding a doctor for you or your baby? Visit www.amerihealthcaritasoh.com/member/find-provider.



We can help with transportation during your pregnancy. Call Member Services to set up a ride.

Weeks
4 – 6

Missed period
Home pregnancy test

Weeks
6 – 8

Visit to confirm pregnancy via urine test



Referral for blood test

Ultrasound if needed

Discuss possible supplements to support your well-being.

Week
12



Ultrasound to confirm due date and early development



Blood test

Discuss screening for genetic conditions.

Review health conditions and chronic illnesses with doctor.

Weeks
15 – 17

Book birthing classes if interested.

First hospital visit

Talk to your doctor about taking aspirin.

Referral for ultrasound at 19 – 20 weeks

Weeks
31 – 32

Education around labor, birth, and early parenting



Blood test for gestational diabetes after fasting for 10 to 12 hours.

Week
22



Review your baby's ultrasound, heart rate, and blood pressure.

Flu and whooping cough vaccines

Referral for second-trimester blood test (that visit will be at least 2 hours)

Week
20



Ask your doctor if you are at risk for preeclampsia.



Ultrasound to look at your baby's anatomy (and learn the sex of the baby if you wish)

Week
34

Do you have a birth plan? Now is the time to make a plan for your delivery.

Referral for ultrasound if having a growth scan. This scan can be in another location.

Week
36

Group B streptococcus test



Ultrasound/growth scan if needed

Review birthing wishes with doctor.

Call or enroll in Bright Start for help with items such as a car seat, breast pump, and more.

Weeks
37 – 42

Nearly there! Weekly visits to plan for delivery with your maternity care provider.

Need newborn essentials? Call or enroll in Bright Start.

Baby arrives!

After baby's arrival

Days 3 – 10

Baby's first pediatrics visit

Your 6-week postpartum check

Need help setting up either visit? Call or enroll in Bright Start.

For more info on the postpartum period, visit www.amerihealthcaritasoh.com/member/getting-care/pregnancy to access the Postpartum Passport.

Important Medicaid Postpartum coverage: Members have continuous Medicaid coverage through 12 months postpartum.

If at any point you feel like your needs are not being met or heard, let us know at Member Services: **1-833-764-7700 (TTY 1-833-889-6446)**, 24 hours a day, seven days a week.

Interested in doula services?

Doulas can provide care that supports communication between pregnant people and their healthcare team, which is an essential aspect of the birthing experience. Contact Member Services for more information on doula services.


AmeriHealth Caritas
Ohio