

TELEHEALTH: Pregnancy/Pre-natal Care

This information is meant to help you get started. Please talk to your health care provider (doctor, nurse, etc.) about your pregnancy and what makes sense for you.

Why Telehealth?

- Fewer in-person visits lowers risk of exposure to COVID-19
- May make it easier for a spouse or family member to attend with you
- Reduces child care conflicts and need for transportation



Ask your provider how telehealth could be helpful:

- “Which visits can be done by telehealth during my pregnancy?”
- “What do I need to have at home for successful virtual visits?” (Visit ncdhhs.gov/telehealth for more information on privacy and internet access.)
- “Are there other virtual resources to support me during my pregnancy?”
 - Online pre-natal classes
 - Online support groups for pregnant women
 - Childbirth classes

Example comparison of visit schedules using traditional vs. telemedicine models of prenatal care

Program Type	1st Visit	Weeks Gestation																Postpartum
		12	16	20	24	28	30	32	34	36	37	38	39	40				
Traditional* Pre-natal Care	👤	👤	👤	👤	👤	👤	👤	👤	👤	👤	👤	👤	👤	👤	👤	👤	👤	6 weeks: 👤
Pre-natal Care with Telemedicine	👤	👤	💻	👤	💻	👤	💻	👤	💻	👤	💻	👤	💻	👤	💻	👤	💻	1 week: 💻 6 weeks: 👤

👤 = In-person visit 💻 = Virtual visit via telemedicine

NOTES: *Traditional models of pre-natal care recommend 1 visit/month until 28 weeks, followed by 1 visit/2 weeks from 28-36 weeks, and 1 visit/week from week 35 until delivery. Pre-natal care models using telemedicine vary in how many visits they recommend. “Virtual visits” may be with an obstetrician, advance care practitioner or nurse depending on the program, and may be conducted via video or phone.

SOURCE: Figure based off the pre-natal care model (OB Nest program) at the Mayo Clinic.

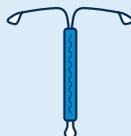
KFF graphic found on kff.org recreated by NCDHHS to fit our space and be readable.



Telehealth can be used for post-partum visits too:



Lactation support/
breastfeeding



Contraceptive
needs



Post-partum
depression

You have the right to free language assistance to ensure meaningful access to health care, in person or virtually. Ask your provider about interpreter services or if you have any additional questions.

