

# 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? Contact Member Services for more information.



We can help with transportation during your pregnancy. Contact 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

**Weeks 26 – 28**



**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.

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? 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? Enroll in Bright Start.

If at any point you feel like your needs are not being met or heard, let us know. Visit [amerihealthcaritas.com](http://amerihealthcaritas.com) for more information.

**Interested in doula services?**

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

