First moments are born here
Congratulations, you’re expecting!

Life begins at MercyOne. We’ve been providing high quality, mother-centric care to families for more than 125 years.

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Childbirth Education Class and Tour Registration
MercyOne.org/babyevents

Virtual Tour
MercyOne.org/desmoines/baby

MercyOne Des Moines Medical Center
1111 6th Avenue
Des Moines, IA 50314
515-643-MOMS

Childbirth Education and Doula Services
515-358-5060

Birthing Unit
515-358-3000

OB Emergency/Antepartum Unit
515-358-3100

Mother/Baby Unit
515-358-2000

Lactation Services
515-358-2082

Neonatal Intensive Care Unit
515-358-4000
We believe the highest standard is the only standard. That’s why we are dedicated to providing a remarkable birthing and recovery experience for parents who choose to deliver at MercyOne.

Each year, our caring and highly-skilled staff helps welcome more than 4,000 babies into the world, so you can take comfort in knowing you and your baby are in experienced hands.

Our facility features the best in mother and infant care alongside comforting amenities that are sure to make your stay soothing and memorable. Located in downtown Des Moines on the MercyOne Des Moines Medical Center campus, Maternity & Infants’ Care is part of a six-story building designed to provide advanced technology and comfort for each stage of your birthing experience. Our center cares for low- and high-risk pregnancies, deliveries and newborns. We work with you and your provider to honor your birth plan, while providing leading-edge care. From comfortable patient gowns and luxury birthing suites, to state-of-the art technology and advanced care, we offer all of the extras that will help make your first memories with your baby unforgettable.

Read on to learn more about the services we offer, our complimentary childbirth education and infant CPR classes, what you should bring, when to arrive to deliver, and more.
While visiting you in the hospital, children less than 42 inches tall can enjoy the play area in the unit’s lobby, donated by Variety, the Children’s Charity.

- Volunteer birth doula services
- Three dedicated cesarean rooms with private recovery rooms for post-surgery
- Modern, adjustable birthing bed
- Jacuzzi tub to labor in
- Sleep sofa for labor partner
- Flat panel televisions with DVD/CD player
- Two spacious waiting rooms for friends and family
- Large windows to allow for lots of natural light
- Refrigerator for personal use
- Free wireless internet

Our Neonatal Intensive Care Unit is located one floor above the Birthing Unit – mere steps away.

Obstetric Emergency Department (OB ED)
MercyOne is the first hospital in the state to offer an Obstetric Emergency Department (OB ED) staffed 24/7 by OB providers for pregnancy emergencies. Women who are at least 14 weeks gestation can be treated in the OB ED. Antepartum Unit, located the third floor in the East Tower. Patients will be seen by an OB provider within 30 minutes of arrival. If you call your OBs office with emergent symptoms, your provider may refer you to be seen at the OB ED. For additional peace of mind, the physician on-call in the OB ED is also here to assist with deliveries should you arrive in active labor and your provider is unable to arrive in time for delivery.

Antepartum Unit
The antepartum area is designed to provide comfortable, comprehensive care for mothers who need to be hospitalized during a pregnancy before it is time to deliver the baby. Whether you need prolonged bedrest due to pregnancy complications or a brief hospitalization due to an acute illness, our dedicated and specially-trained nursing staff is skilled in caring for both your physical and emotional needs during this important time.

Birthing Unit
Your comfort during this exciting time is vital to your birthing experience! Each private birthing suite is equipped to accommodate a multitude of birthing plans. In a home-like and sun-lit suite, you’ll have all the technical support needed for a safe birth, and pleasant and soothing surroundings for the most comfortable delivery. Upon your arrival, you can request a volunteer birth doula. They are available at no charge on a first-come, first served basis.

If you are considering a vaginal birth after cesarean (VBAC), MercyOne is equipped for the procedure. During your pregnancy, you will need to confirm with your OB provider if he or she is willing to perform a VBAC delivery.

The birthing unit features newly updated, 520-square-foot private birthing suites. Our amenities include:
Neonatal Intensive Care Unit (NICU)
No mother expects to deliver a very low birth weight baby or one with health challenges – but, if you do, you can feel assured knowing our NICU is only steps away. We care for more fragile babies than any other Iowa hospital. You can stay together in the same hospital – just one or two floors apart. Our in-house neonatologists are available 24 hours a day, seven days a week, and there is a team of experts waiting to care for your baby. Our NICU offers:

- Highest level of certification in Iowa
- 44 rooms accommodating up to 62 babies
- Centralized nursing stations so your baby's nurse is always visible and available
- Sofa bed for you to stay at bedside
- Neonatologist on duty 24/7
- Physicians, nurses and respiratory therapists certified in neonatal resuscitation
- NICU-specific lactation team
- State-of-the-art equipment for your baby
- Refrigerator in each room
- Large windows to allow for natural light
- Private rooms with sound dampering windows and doors and dimmer switch lights
- Free wireless internet

Room service dining, which allows you to select meals from an expansive menu between 6:30 a.m. and 6:30 p.m. (included for mothers and available at an additional cost for birthing partners and guests)

Professional photographers from Bella Baby are available to capture this special time. Photos are uploaded to a password-protected website for you to share with friends and family across town or across the country. There is no charge for the sitting and photos can be purchased at your discretion.

Mother/Baby Unit
To ensure you have the best care at every stage, you and your baby will be transferred to our Mother/Baby Unit after you recover in the Birthing Unit for a few hours. While each delivery is unique, the average length of stay is two days for an uncomplicated vaginal delivery and three days for an uncomplicated cesarean section delivery.

While on the Mother/Baby Unit, nurses will provide the education and reassurance to prepare you for your journey home, helping you feel comfortable caring for yourself and your baby once you leave the hospital.

The Mother/Baby Unit contains spacious, newly updated rooms, with amenities that include:

- State-of-the-art infant security system
- Newborn nursery staffed 24/7
- Private, in-room dining area
- Lactation specialists to help with breastfeeding
- Sleeper sofa for support person
- Flat-panel televisions with DVD player
- Refrigerator for personal use
- Hair dryer included in the en suite bathroom
- Free wireless internet

OB Welcome Packet 5
Volunteer Birth Doulas
The MercyOne Volunteer Birth Doula Program offers volunteer birth doulas that are “on-call” for a 24-hour period each month. Patients who are in active labor and choose to have a birth doula will receive them on a first-come, first-served basis at no additional cost. Not knowing demand, there will not be a guarantee of no-cost doula services; however, if you would like to guarantee a doula, you may contract with a doula and pay out-of-pocket.

What to expect from the MercyOne Volunteer Birth Doulas
Upon admission to MercyOne, the services of a birth doula will be offered to you if you haven’t already contracted with one.

- The birth doula will arrive as soon as she can and will speak with you about your desired birth plan.
- The doula will then work with the medical team to help make sure your birth plan is heard and understood.
- The doula will support you throughout your labor and delivery by keeping you moving, using massage, essential oils, music, pressure points, rebozo scarves and a host of other tools.

Choosing and using your breast pump
- The doula will not replace your support person; the doula will help keep your labor partner close and involved for the duration of the labor should you desire it.
- After your baby is born, the birth doula will ensure you have time alone with your little one during the golden hour post delivery.

For more information and to see a list of Mercy’s volunteer doulas who are accepting clients, visit MercyOne.org/desmoines/baby. You may also contact Jennifer Callahan, MercyOne Volunteer Birth Doula Coordinator, at 515-358-5060 or jcallahan@mercydesmoines.org for help coordinating private contracts with the doulas, answering questions about the program and helping you select the right doula for you and your family.

Lactation Services
Breastfeeding your baby is a very important decision. It can be a tender, rewarding part of motherhood that offers advantages for you and your newborn baby. We respect your choices as a mother, and should you choose to breastfeed, our staff will work with you one-on-one in the privacy of the Mother/Baby Unit. You can also get your insurance-covered breast pump delivered to your Mother/Baby room.

Our lactation specialists are also available to help and advise you on the following:

- How to establish your milk supply
- Breastfeeding twins and other multiples
- Assist with latching and positioning your baby
- Choosing and using your breast pump
- Balancing breastfeeding and work

If you need a one-on-one lactation consultation after you go home, MercyOne Lactation Services offers appointments. Your insurance will be billed for the lactation consultation visit. Please check with your insurance company about applicable co-pays. To schedule an appointment, please call 515-358-2082.

The Mommy & Me breastfeeding group meets on the second and fourth Tuesday of each month from 11 a.m. to noon, in the East Tower Auditorium on Level A at MercyOne Des Moines Medical Center. A MercyOne International Board Certified Lactation Consultant will be present to address your questions and concerns. Breastfeeding observation and assistance with latching are provided as well. Scales are available for before and after feeding weight checks. Registration is not required.
Providers who deliver at MercyOne

Several physicians and nurse practitioners deliver babies at MercyOne Des Moines Medical Center. For the most current listing of individual providers delivering at MercyOne, please visit MercyOne.org/desmoines/baby.

Midwives
We are proud to offer certified nurse midwives for pregnancy and birth care. Studies show having a nurse midwife attributes to lower percentages of inductions, episiotomies and cesarean sections. MercyOne Des Moines Midwives have convenient office locations at MercyOne Perinatal Center, MercyOne Ankeny Pediatrics Care Clinic and MercyOne Grimes Family Medicine Clinic.

Our team provides delivery services at MercyOne Des Moines Medical Center, and we will honor your choice to have either a holistic birth or the use of pain management. During the active phase of labor, a midwife will be present to support you through your labor process and deliver your baby. Midwives work alongside OB physicians and, if necessary, will include them in your birth. The midwives are also able to see you for all gynecological care before and between pregnancies.

To learn more or schedule a complimentary meet and greet, call MercyOne Des Moines Midwives at 515-643-6869.

Perinatal Center
MercyOne Perinatal Center offers a complete spectrum of perinatal services, preconception consults, consult for high-risk pregnancies, consults for fetal anomalies, prenatal screening and ultrasounds. Our doctors are board-certified in maternal-fetal medicine – specializing in care for pregnant women and their babies. Our sonographers specialize in the field of obstetrics and use state-of-the-art ultrasound machines. The center also provides co-management for diabetic care of Type 1, Type 2 and gestational diabetes.

First trimester screening is a recommended test to identify risk for trisomy 13 (Patau syndrome), 18 (Edwards syndrome), and 21 (Downs syndrome). This test is usually completed between weeks 11-13 of pregnancy using a blood test along with an ultrasound measurement of the thickness of the fluid space at the base of the back of your baby’s neck. According to the American College of Obstetricians and Gynecologists, all expecting moms should be offered genetic testing.

To learn more about the Perinatal Center’s services, please call 515-643-6888.

The following private practice groups also provide delivery services at MercyOne Des Moines Medical Center:

MercyOne South Des Moines
Family Medicine
6601 SW 9th St., Des Moines
515-643-9400
www.MercyOne.org/desmoines

Central Iowa OB/GYN Specialists
2501 Westown Pkwy., Ste. 1101,
West Des Moines
515-267-8300
www.centraliowaobgyn.com

Iowa Clinic OB/GYN
5950 University Ave. West Des Moines
1221 Pleasant St., Des Moines
515-875-9290
www.iowclinic.com

Primary Health Care Eastside
3509 E 29th St., Des Moines
515-248-1600

Primary Health Care at Mercy
250 Laurel St., Des Moines
515-643-4610
www.phcinc.net

OB/GYN Associates
330 Laurel St., Ste. 1100, Des Moines
515-288-3287
www.obgynmd.com

Vita Family Care
1355 50th St., Ste. 100,
West Des Moines
515-225-3261
www.vitafamilycare.com

West Des Moines OB/GYN Associates
4949 Westown Pkwy., Ste. 140,
West Des Moines
515-223-5466
www.westdesmoinesobgyn.com
Preparing for your bundle of joy

When anticipating a new experience, confidence comes from knowing what to expect. All of our childbirth education classes are personalized, interactive and taught by certified childbirth educators. Our comprehensive curriculum is designed so you can participate in an array of classes free of charge, from the moment you realize you are pregnant through your last trimester and beyond. All classes are held at MercyOne Des Moines Medical Center in downtown Des Moines.

It is recommended you register for all classes during your first trimester. For the ideal learning experience, we suggest the following schedule:

1st trimester:  Great Expectations and/or Stork Affair
2nd trimester:  Baby Basics, Postpartum Adjustments, Multiple Blessings, Baby Finance 101, Now and Then – A Grandparent Class, and Beyond Birth
3rd trimester:  Prenatal Classes, Breastfeeding Essentials, Breastfeeding Essentials Part 2, Fast Track, Refresher Class, Boot Camp for New Dads, Sibling Class, Online Prenatal Classes, and Spanish Prenatal Classes

For more information about classes, or to register online, visit MercyOne.org/babyevents.

**Take a tour**
We offer expecting parents two options for touring our facility – in-person group tours and a virtual tour.

Classes that conclude with a tour include Prenatal Classes, Fast Track, Sibling Class and Refresher Class.

To set up an in-person tour outside of a class, visit MercyOne.org/babyevents. The tours are free.

To view a virtual tour of the unit, visit MercyOne.org/babyevents.

**Great Expectations**
This small-group class is offered for parents who are newly expecting and want to know what to expect during their pregnancy. An OB/GYN, dietitian, childbirth educator, doula and physical therapist will teach you about all of the resources we have available for your pregnancy and labor journey. Tours are available before and after the event. Please enroll in a tour time when signing up for this event.

January 21 June 23
6:30–8:30 p.m.
East Tower, Level A, Auditorium

**Stork Affair**
During the year, MercyOne will host a baby fair for expecting parents. This event will include facility tours, educational learning sessions, an opportunity to meet mother/baby professionals, car seat safety check, baby product vendors and more.

April 4 September 19

Join us for Great Expectations, January 21 and June 23
AND
Stork Affair, April 4 and September 19!
Prenatal Class
This comprehensive five-week course provides an in-depth understanding of the labor and birthing experience from pre-labor signs, to early labor, active labor, transition, pushing, and delivery of baby. You will interact with families in our small classes to think through the evidence-based research that is taught. Our instructors will show you several relaxation techniques and comfort measures including breathing, massage and positioning. A tour is included during the last class of this prenatal series. You will leave this class feeling confident to put together your desired birth plan.

Sundays, 1-3 p.m. or 4-6 p.m.
East Tower, Level A, Conference Room 7
Sessions 1-4:
1 – Jan. 12, 19, 26; Feb. 2, 9
3 – April 5, 19, 26; May 3, 10
4 – May 31; June 7, 14, 21, 28

Sessions 5-7:
5 – July 12, 19, 26; Aug. 2, 9
7 – Oct. 11, 18, 25; Nov. 1, 8
6 – Aug. 23, 30; Sept. 13, 20, 27
8 – Nov. 22, 29; Dec. 6, 13, 20

Mondays, 6:30-8:30 p.m.
East Tower, Level A, Conference Rooms 7
Sessions 1-4:
1 – Jan. 13, 20, 27; Feb 3, 10
2 – Feb. 24; March 2, 9, 16, 23
3 – April 6, 20, 27; May 4, 11
4 – June 1, 8, 15, 22, 29

Sessions 5-7:
5 – July 13, 20, 27; Aug. 3, 10
7 – Oct. 12, 19, 26; Nov. 2, 9
6 – Aug. 24, 31; Sept. 14, 21, 28
8 – Nov. 23, 30; Dec. 7, 14, 21

Tuesdays, 6:30-8:30 p.m.
East Tower, Level A, Conference Room 7
Sessions 1-4:
1 – Jan. 7, 14, 21, 28; Feb. 4
3 – March 31; April 7, 14, 21, 28
2 – Feb. 18, 25; March 3, 10, 17
4 – May 12, 19, 26; June 2, 9

Sessions 5-7:
5 – June 23, 30; July 7, 14, 21
7 – Sept. 15, 22, 29; Oct. 6, 13
6 – Aug. 4, 11, 18, 25; Sept. 1
8 – Oct. 27; Nov. 3, 10, 17, 24

Wednesdays, 6:30-8:30 p.m.
East Tower, Level A, Conference Room 7
Sessions 1-4:
1 – Jan. 8, 15, 22, 29; Feb. 5
3 – April 1, 8, 15, 22, 29
2 – Feb. 19, 26; March 4, 11, 18
4 – May 13, 20, 27; June 3, 10

Sessions 5-7:
5 – June 24; July 1, 8, 15, 22
7 – Sept. 16, 23, 30; Oct. 7, 14
6 – Aug. 5, 12, 19, 26; Sept. 2
8 – Oct. 28; Nov. 4, 11, 18, 25

Thursdays, 6:30-8:30 p.m.
MercyOne West Des Moines Medical Center,
Cownie Conference Room
1 – April 2, 9, 16, 23, 30
3 – Sept. 17, 24; Oct. 1, 8, 15
2 – July 2, 9, 16, 23, 30

2020 Childbirth education class schedule
Online Prenatal Class
From the comfort of your own home, you can explore our comprehensive five-week course that provides an in-depth understanding of the labor and birthing experience from pre-labor signs, to early labor, active labor, transition, pushing, and delivery of baby. At your own pace during the course you will read through the evidence-based research and learn several relaxation techniques and comfort measures including breathing, massage and positioning. An optional classroom session is available at the conclusion of the class at MercyOne Des Moines Medical Center for families to practice hands-on massage and positioning. Participants will also have the opportunity to ask a certified childbirth educator questions to review content, and a tour of the facility will be provided. *Note this class has a $35 fee.

Online class schedule starting dates
Sessions 1-4:
1 – Jan. 9 2 – Feb. 20 3 – April 2 4 – May 14
Sessions 5-9:
5 – June 25 6 – Aug. 6 7 – Sept. 17
8 – Oct. 29 9 – Dec. 3

Spanish Prenatal Class
Did you know MercyOne now offers prenatal classes presented in Spanish? Visit mercyone.org/babyevents to find the next class or ask your provider for more information.

Multiple Blessings
This four-session class will address the special needs of multiple-birth families. The specific focus of this class is on prenatal care, labor, delivery, recovery, living with multiples, and interacting with other multiple-birth families. A tour of our perinatal center will be provided.

Mondays, 6:30–8:30 p.m.
East Tower, Level A, Conference Room 4
Sessions 1-4:
1 – Jan. 13, 20, 27; Feb. 3 2 – April 20, 27; May 4, 11
3 – Sept. 14, 21, 28; Oct. 5 4 – Oct. 19, 26; Nov. 2, 9

Refresher Class
This isn’t your first baby? Are you planning for a vaginal birth after cesarean (VBAC)? Do you need a refresher on the basics of labor and postpartum care? Join our Refresher class where we help parents review labor and birthing experience and update you on anything that may have changed since your last baby, along with helping the growing family adjust to new siblings. If you need a reminder on breastfeeding and care for baby, we encourage you to sign up for Breastfeeding Essentials or Baby Basics.

Saturdays, 9 a.m. – Noon
East Tower, Level A, Conference Room 7
Jan. 18 March 21 May 16 July 25
Sept. 26 Nov. 21

Fast Track
This single session class provides the basics of the labor and birthing experience from pre-labor signs, to early labor, active labor, transition, pushing, and delivery of baby. Our instructors will introduce you to some relaxation techniques and comfort measures including breathing, massage and positioning. A tour is included during the conclusion of the course. You will leave this class feeling confident to put together your desired birth plan. *Note this class has a $30 fee.

Saturdays, 9 a.m.–3 p.m.
East Tower, Level A, Conference Rooms 6 & 7
Jan. 11 Feb. 8 March 14 April 11 May 9
June 13 July 18 Aug. 8 Sept. 12 Oct. 10
Nov. 14 Dec. 12

Sundays, 12 p.m.–6:30 p.m.
East Tower, Level A, Conference Rooms 6 & 7
Jan. 26 March 29 May 31 July 26 Sept. 27
Nov. 29

Saturdays, 9 a.m.–3 p.m. (West Des Moines)
Cownie Conference Room
Feb. 22 April 25 June 27 Aug. 22 Oct. 24
Dec. 19

Breastfeeding Essentials
This single session class helps both mom and partner learn about the art of providing the best nutrition to your baby. You will learn the most up-to-date information needed for successful breastfeeding, such as benefits, preparing during pregnancy, and what to expect in the hospital when baby is born – including the first feeding, positions, hunger cues, along with supply and demand. To learn more in-depth information about pumping, returning to work and weaning, we encourage you to take our Breastfeeding after Baby course.

2nd and 4th Tuesday of month, 6:30–8:30 p.m.
East Tower, Level A, Auditorium
Jan. 14, 28 Feb. 11, 25 March 10, 24 April 14, 28
May 12, 26 June 9, 23 July 14, 28 Aug. 11, 25
Sept. 8, 22 Oct. 13, 27 Nov. 10, 24 Dec. 8, 22

Breastfeeding Essentials Part 2
This single session is a continuation of Breastfeeding Essentials. This class will help both mom and partner learn more in-depth information you need once you leave the hospital. Learn more about pumping, returning to work, weaning baby off breast, transitioning to bottle, building your milk supply, common issues such as mastitis, plugged ducts, hormones and more. This class is intended for expecting families as well as families who have recently had baby. There will be time for questions and answers. Babies are also welcome to come to this class.
Breastfeeding Essentials Part 2 (continued)
Mondays, 6:30–8:30 p.m.
East Tower, Level A, Auditorium
Jan. 20  Feb. 17  March 16  April 20  May 18
June 15  July 20  Aug. 17  Sept. 21  Oct. 19
Nov. 1  Dec. 21

Baby Basics
Learn how to hold, burp, diaper, swaddle, bathe, identify illness, and choose your baby’s doctor. You will have an opportunity for hands-on practice during this single-session class. A MercyOne pediatrician will join our certified childbirth educator to answer your specific questions during an optional question and answer session following the conclusion of the class.

1st and 3rd Tuesday of month, 6:30–8:30 p.m.
East Tower, Level A, Auditorium
Jan. 7, 21  Feb. 4, 18  March 3, 17  April 7, 21  May 5, 19
June 2, 16  July 7, 21  Aug. 4, 18  Sept. 1, 15  Oct. 6, 20
Nov. 3, 17  Dec. 1, 15

Postpartum Adjustments
Find out firsthand what adjusting to a new baby in the house is all about. Parents return with their baby to share with you from their recent and ongoing personal experience. Listen and ask questions to those presently going through the joys and challenges of life with a new baby. A childbirth educator will also share the physical, emotional and intellectual changes that occur postpartum, for both mom and partner, such as baby blues or postpartum depression.

Tuesdays or Thursdays, 6:30–8:30 p.m.
East Tower, Level A, Auditorium
Jan. 30  March 31  June 30  Sept. 29

Baby Finance 101
New parents have increased financial responsibilities in addition to caring for their newborn. Learn the basics of creating financial security for your expanding family through budgeting, flexible spending accounts, life and disability insurance, college funding options, group benefits and retirement planning. Take control of your financial future by participating in this fun, interactive class.

Tuesdays, 6:30–8 p.m.
East Tower, Level A, Conference Room 6 or 8
Jan. 7  March 3  May 5  July 7  Sept. 1
Nov. 3

Boot Camp for New Dads
Facilitators guide the class through the before, during and after baby arrival. Tips and suggestions are given throughout the class. A portion of the class has “veterans” (new fathers and their new babies) orient ‘rookies’ (fathers-to-be) on the realities of fatherhood. “Rookies” are recruited and invited back as “veterans” after the birth of their babies. This class is highly interactive and one of the few solely focused on the dads-to-be. New dads, uncles and other male care givers are invited to attend.

Wednesdays, 6:30–8:30 p.m.
East Tower, Level A, Conference Room 6
Jan. 8  Feb. 5  March 4  April 1  May 6
June 3  July 8  Aug. 5  Sept. 2  Oct. 7
Nov. 4  Dec. 2

Sibling Class
This single session class helps children ages 3–6 years old prepare for a new baby brother or sister. Children will learn the importance of hand washing, safe toys for baby, along with how to properly hold, swaddle, and help change baby. Kids will be taken on a tour so they can see where their new sibling will be born.

Saturdays, 8:30–10 a.m. or 10:30 a.m.–noon
East Tower, Level A, Conference Rooms 6 & 7
Jan. 4  Feb. 1  March 7  April 4  May 2
June 6  July 11  Aug. 1  Sept. 5  Oct. 3
Nov. 7  Dec. 5

Now and Then—A Grandparent Class
Things have changed since your parents had children. They will learn what has changed over the years and what the newest evidence-based research says about how to care for baby to help prepare grandparents by participating in a baby basics class.

Thursdays, 6:30–8:30 p.m.
East Tower, Level A, Conference Room 7
Feb. 6  May 7  Aug. 6  Nov. 12

Beyond Birth: Baby’s Milestones
What skills do babies typically develop from birth to age 1? We will look at developmental milestones beyond birth in the first year of life and focus on typical physical, social/emotional, and intellectual child development. You will learn ways new ways to interact with baby and how to help foster growth, development and attachment in this interactive class. Babies are welcome and encouraged in this class, or feel free to sign up before delivery.

Thursdays, 6:30–8:30 p.m.
East Tower, Level A, Conference Room 7
Jan. 16  Feb. 13  March 12  April 16  May 14
June 11  July 16  Aug. 13  Sept. 10  Oct. 8
Nov. 5  Dec. 10
It’s time!
Arriving at MercyOne Maternity & Infants’ Care

You should arrive at MercyOne Des Moines Medical Center through the East Tower entrance, located on 3rd Street (parking is located directly across from the East Tower entrance). You may pull into the circular drive and one of our valets will park your vehicle for you at no charge.

If you arrive during the day, please proceed directly to Level 3 (the Birthing Unit) via the elevators directly inside the East Tower entrance. Wheelchairs are available in the main lobby if you need assistance. If you arrive between the hours of 9 p.m. and 6 a.m., the East Tower courtesy desk will call the Birthing Unit to notify them you are coming or to request a nurse assist you.

Once you are in your room, a nurse will discuss your symptoms and do a vaginal exam to determine cervical dilation and rupture of membranes. This exam assesses the status of your cervix and position of your baby’s head. The nurse will also monitor your baby’s heart rate.

Finally, your nurse will go over your prenatal history and discuss your birth plan (located on page 21). This is a good time to discuss any specific labor request with your nurse.

Important locations to know
Childbirth Education Classes, East Tower Conference Center, Level A
Mother/Baby Unit, East Tower, Level 2
Obstetric Emergency Department (OB ED) and Antepartum Unit, East Tower, Level 3
Birthing Unit, East Tower, Level 3
Neonatal Intensive Care Unit (NICU), East Tower, Level 4
Other important information for parents

Pain Management Options
Most moms-to-be are nervous about the potential pain from labor and delivery. The amount of pain you will experience will be different than your sister or best friend – and can be influenced greatly by your preparation for it. Attending childbirth education classes is helpful to educate yourself about the birthing experience.

Our staff will provide you with many options to help minimize pain during labor. We will do our best to accommodate you with pain-relieving techniques of your choice (be sure to complete the birth communication tool on page 21 after referencing the pain medication preference scale on page 23). Remember, the safety of you and your baby is always the first consideration.

We offer the following options for labor pain management:
- Medications (including epidural and intrathecal)
- Nitrous oxide
- Breathing techniques
- Touch or massage
- Relaxation
- Music
- Position changes
- Aromatherapy
- Hot/cold therapy
- Hydrotherapy with whirlpool tubs
- Volunteer birth doulas

Infant Security
The Mother/Baby Unit provides a safe environment for you and your baby. You can feel assured MercyOne has a state-of-the-art security system in place to keep your newborn safe in the hospital. Both our Birthing Unit and Mother/Baby Unit are locked 24/7 to provide an additional layer of security. Guests must sign in when entering the units and receive a visitor pass to wear.

Additionally, parents are asked to leave large amounts of money, valuables and weapons at home.

Visiting Guidelines
We understand your family and friends are very important to you and we will support you in your choice for visitors. Your nurse or doctor may ask visitors to wait in the designated waiting areas from time-to-time as they complete exams or assessments on you or your baby. Our first priority is caring for you and your new baby. If during your stay you would like privacy (to rest or spend some time with your baby), please let your nurse know.

- Visiting hours are 7 a.m. to 9 p.m., seven days a week.
- The American Academy of Pediatrics recommends visitors be at least 14 years old or a sibling of your baby. However, we support your choice of visitors.
- Visitors should not have been exposed to any contagious diseases in the past two weeks and must wash their hands before touching your son or daughter. Please be advised, during flu season (October – February), additional restrictions may be in place.
- For the privacy and safety of all our patients, all visitors and family should remain either in your room or in designated waiting areas.
Birth certificate and Social Security Number

Before you go home, a nurse or social worker will instruct you on how to complete your birth certificate worksheet. You will receive your baby’s social security card and birth certificate in approximately 12 weeks. MercyOne has maternity Notary Publics if you should need this service.

The State of Iowa assesses a $40 fee to file a birth certificate and has asked MercyOne to collect this fee. This charge will show on the statement you receive following your discharge from MercyOne. Your insurance carrier does not reimburse this fee; it is an obligation of the parents to pay. The fee is waived for those whose expenses are paid by the state’s medical assistance program (Title XIX).

You are able to apply for a social security number for your baby by checking “yes” on the birth certificate worksheet. The social security card will be mailed to your home in approximately 90 days.

Advanced directives for health care

A growing number of people are taking an active role in their care while they are healthy. We suggest you state your health care preferences in writing while you are healthy and able to make important decisions through legal documents called advanced directives.

Our Pastoral Care Department can help you in planning and preparing advance directives for your health care. If you would like more information or assistance completing an advance directive, please ask your nurse to contact MercyOne Pastoral Care at 515-247-3238.

Insurance, financial assistance and planning

Often the birth of your baby is the first major experience you’ll have with a hospital. You probably have a lot of questions about the costs for which you’ll be responsible.

A few weeks prior to the time you expect to deliver, we recommend you contact your health insurance provider to review your benefits. It may be helpful to ask your insurance company the following questions:

• What is my deductible?
• What percentage does the insurance company pay after my deductible is met?
• What is the maximum amount for which I’m responsible?
• What proof of birth is required and how soon can I enroll my baby for coverage?
• What am I responsible for in obtaining a breast pump?

Sometime after receiving your pre-admission form and before you deliver, our insurance team may verify your insurance and call to discuss the hospital portion of your financial obligation. Remember: your doctor, anesthesia and other providers will bill separately, in addition to the bill you receive for hospital services.

If you do not have insurance, MercyOne Resource Coordinators are available to assist you by calling 515-247-3174. In many cases, programs are available to help pay the medical costs that go along with having a baby. A MercyOne Resource Coordinator will visit with you within 48 hours of giving birth to discuss programs available to you.

Some common insurance terms:

• Deductible – the amount paid each year by you, as a health insurance plan enrollee, before benefits begin.
• Co-insurance – the patient portion of coinsurance is the percentage you pay after your deductible is met until you reach your out-of-pocket maximum.
• Co-payment – (also known as co-pay) is a payment defined in your insurance policy and paid by you each time a medical service is accessed.
• Out-of-pocket maximum – the most you will have to pay “out of pocket” each fiscal year.

You’ll understandably be taking care of the immediate needs of your newest family member, but it is also important to consider their long-term financial needs. Here are some things to do before or immediately after your baby is born:

• Make or edit your existing family budget.
• Get a Social Security Number for your child. You can fill out the application for this while you’re in the hospital after your baby is born.
• Add your child to your health insurance.
• Purchase or modify existing life insurance coverage to provide protection for the child in case something happens to you.
• Update beneficiary designations on accounts and policies.
• Open a bank savings account for deposits of monetary gifts.
• Open a college savings account. Visit www.collegesavingsiowa.com for more information.
• Create or modify your will to name a legal and alternate guardian for your child.
As a parent, you want the best care for your child. The experienced and compassionate medical staff at MercyOne Children’s Hospital and MercyOne Pediatrics Care Clinics provide a wide range of services for children ages newborn through teenagers.

Choosing your baby’s health care provider
It’s never too early to start thinking about care for your little one after he or she is born. The pediatricians at MercyOne Pediatrics Care Clinics’ nine locations are dedicated to making sure your child is on track for healthy growth and development. It’s a good idea to meet with a provider before your baby arrives to make sure you feel comfortable with him or her, and the care that will be provided for your child. This is also a good opportunity to discuss well-baby visits, immunizations and what to expect at each visit.
MercyOne Children’s Hospital care

Emergency Care Designed with Kids in Mind – MercyOne Children’s Hospital’s Pediatric Emergency Care, located at the downtown Des Moines campus, is committed to the special emergency needs of infants, children, adolescents and their families. Our staff is a devoted team of emergency pediatric nurses, doctors, child life specialists and other support staff specially trained in children’s care. Pediatric specialists are available for consultation at all times. Our kid-specific instruments fit the exact needs of the very special patients under our care, and the center’s bright colors provide a friendly and comforting atmosphere. Our Pediatric Emergency Care is available 24 hours a day, seven days a week and offers:

- Level II verified pediatric trauma center;
- Pediatric transport team for ground and air ambulance transports for children and babies;
- Dedicated pediatric emergency staff and specialists;
- Child life specialists to provide additional comfort and care; and
- Child-friendly rooms and equipment.

Inpatient Pediatric Unit – MercyOne’s experienced pediatric hospitalists are specialized in the complete care of newborns and pediatric patients of all ages. Our unit has private patient rooms for the comfort of family members. Our child life specialists provide family-centered care, along with our dedicated pediatric social worker, pharmacists and dietitians. For parents who need to stay close while their child is hospitalized, the unit’s Ronald McDonald Family Room provides sleeping areas, a TV room and a kitchen area. Mercy is the only hospital in Iowa to offer this amenity.

Variety Pediatric Intensive Care Unit (PICU) – Our unit features private patient rooms staffed by full-time doctors and nurses experienced in pediatric critical care. Pediatric specialists – including surgeons, cardiologists, a cardiothoracic surgeon, a neurosurgeon, a craniofacial surgeon, trauma surgeons and otolaryngologists (Ear, Nose and Throat providers, or ENTs) – are also available to deliver specialized care to your child.

Pediatric Specialists – We offer specialized health care services for children with unique needs. Our specialties include: surgery, gastroenterology, neurology, psychiatry and therapy (occupational, speech and physical). In addition, we have the only hospital-based craniofacial and children’s reconstructive surgeon in Iowa, who works specifically with infants and children born with clefts and other facial malformations. MercyOne also has central Iowa’s first fellowship-trained pediatric neurosurgeon for children’s head and spine surgery, and central Iowa’s only cardiothoracic surgeon for heart surgeries.

Access 2 Health – For assistance finding a doctor near you, call Access 2 Health at 515-2HEALTH (243-2584). With just one call, you can find a pediatrician or family medicine provider close to your home, make an appointment at any MercyOne clinic location, or get medical advice from a registered nurse.
Preparation for the big moment

Pregnancy Checklist

Now that you’re expecting, you may be wondering what to do next and when. We’ve put together the following information that will help you in checking off items from your “to do” list to get ready for when the big moment comes!

First trimester

☐ Register for all childbirth education classes during your first trimester – especially Great Expectations or Stork Affair. Refer to the MercyOne Birthing Class schedule section located at the front of this folder.

Second trimester

☐ Take a virtual tour of MercyOne’s birthing facilities. Visit MercyOne.org/desmoines/baby.
☐ If you are employed, check with your employer about maternity, paternity and family leave benefits.
☐ If you are planning to return to work or school after your baby arrives, begin to think about childcare plans.
☐ If you haven’t done so already, start thinking about possible names for your baby or babies.
☐ Register online at MercyOne.org/babyevents for Baby Basics to learn more about bathing and swaddling
☐ Register online at MercyOne.org/babyevents for Breastfeeding Essentials to learn more about breastfeeding your baby.
☐ Choose a doctor for your baby. MercyOne offers pediatric services throughout the metro. Visit MercyOne.org/desmoines to learn more.

Third trimester

☐ Install your baby’s car seat. Please refer to the manufacturer’s recommendations for the car seat. Additional information regarding an appropriate installation can be found in the owner’s manual of your vehicle, in the child restraint section. If you have concerns about your baby’s car seat, you should consult a certified car seat technician. Please refer to the car seat manufacturer’s recommendation regarding when to replace the seat.
☐ Pack your “go-bag” for when you go into labor. Refer to the packing list on page 20 for details.
☐ Prepare siblings for the birth of the new baby and make arrangements for care of your child(ren) for when you are in the hospital. Register online at MercyOne.org/babyevents for Sibling Class for your children.
☐ Make arrangements for pet care while you are in the hospital.
☐ If you plan to breastfeed, check on insurance coverage for a breast pump.
☐ Get things ready for when you return home – like fixing and freezing meals, purchasing a package of maxi-pads, and making sure you have diapers, clothing and blankets for your baby.

After you return home

☐ Be sure to add your baby to your insurance policy. Most policies require this to be done within 30 days.
☐ Consider attending Mommy & Me or request outpatient lactation appointment for breastfeeding assistance.
☐ Come back and share your experience in Boot Camp for New Dads or Postpartum Adjustments classes.
What to pack for the hospital

As your due date approaches, you should begin the final preparations for the arrival of your baby. Checklists are a good way to ensure you remember every detail and are ready when your contractions begin. The list below includes items and ideas that will help you prepare for your little one’s arrival. We suggest having your “go” bag packed about three weeks before your due date.

**For Baby:**
- Newborn Communication Plan (see page 25)
- Undershirt and sleeper
- Socks
- Going home outfit and receiving blanket
- Infant car seat with instructions
- Baby book for footprints
- Sweater, cap and extra blanket if needed for cold weather
- Outfits/props for baby photography session

**For Mom:**
- Birth Plan (see page 21)
- Lotion/oil for massages (unscented)
- Warm socks or slippers
- Lip balm
- Picture or small item to use as a focal point
- Massage aids/tools
- Water bottle with straw
- Robe
- Toothbrush/toothpaste/mouthwash
- Hair care items
- Cosmetics (including deodorant)
- Loose fitting clothes to wear home, like yoga pants and a T-shirt – something from your fourth or fifth month of pregnancy should be comfortable
- If breastfeeding, bring nursing bras, tank tops, breast pads and nursing pillow
- Breast pump to learn how to use it
- Cell phone (and charger), change or phone card
- Laptop with power cord
- Books and magazines
- Camera, camcorder and batteries/battery charger
- DVDs (each patient suite is equipped with a flat screen TV/DVD player)

**For Labor Partner:**
- Insurance information
- Snacks
- Swimsuit to wear in shower/tub
- Watch with a second hand or smart phone with contraction timer app
- Change of clothes and toiletries
- Phone numbers of friends and relatives

**We will provide you and your baby with the following items during your stay:**

**For Mom:** Hospital gowns, disposable underpants and sanitary pads.

**For Baby:** Diapers, wipes, bulb syringe, soap and circumcision supplies for boys (if applicable). Undershirts, gowns and blankets are also provided during baby’s hospital stay.
Birth communication tool

Present this document to your nurse or doula upon admission.

Mom’s Name: ..................................................................................
Labor Partner’s Name: ....................................................................

Mom’s Doctor/Midwife: ..................................................................
Doula’s Name: ..............................................................................

Baby’s Name: ..................................................................................
Due Date: ........................................................................................

When it comes to your birth experience, you have many choices available at MercyOne. We want your child’s birth to be very special. The options listed below are available to healthy moms and babies. Please check the issues that are important to you. This is plan “A”; remember there are times when we must recommend a change in the plan due to the health of mom or baby.

Some of my greatest concerns and fears are:

...........................................................................................................
...........................................................................................................
...........................................................................................................

When I am in labor, I would like to:

☐ have a volunteer birth doula present for labor support and comfort
☐ have my privately contracted doula support me
☐ have my partner and ...............................................................
  with me
☐ have help from my doula and/or nurse regarding position changes as needed
☐ use the squat bar for pushing
☐ have a mirror available to watch my baby’s birth

I would like to have the following comfort measures:

☐ use upright gravity positions
☐ birthing ball/peanut ball
☐ hot/cold therapy
☐ music
☐ intravenous medicine for pain
☐ epidural medication for pain
☐ use aromatherapy for stress/nausea
☐ intermittently monitor or use telemetry if there are no concerns with my baby’s condition
☐ have nourishment as requested (ice chips, broth, jello, popsicle, and/or other clear liquids)
☐ .................................................................

If my baby’s condition warrants, I would like:

☐ to have my partner cut the umbilical cord
☐ delayed cord clamping
☐ to have lactation support as soon as possible
☐ to have the baby’s footprints put in my personal baby book/certificate
☐ to participate in the ‘Golden Hour,’ including restricted visitation until the hour’s end
☐ to participate in the breastfeeding crawl
☐ to have skin-to-skin contact with baby and
  ☐ mom  ☐ labor partner

If I have a cesarean birth, I would like to:

☐ have my doula present if allowed by anesthesiologist
☐ see, touch and hold the baby as soon as possible, including skin-to-skin
☐ to have lactation support as soon as possible
☐ ask for the screen to be lowered
☐ have ................................................................. present with me
  ............................................................................
You and your partner may use this scale to determine your preferences regarding the mother’s use of pain medications during labor. Begin with each of you choosing the number that best matches your feelings. Then compare. If you are not in close agreement, discuss your choices to reach an agreement. The woman’s preferences are ultimately more important and must prevail if you cannot agree. The right hand column describes the help she needs from her partner.

(Adapted from: The Birth Partner: Everything You Need to Know to Help a Woman Through Childbirth, by Penny Simkin)

<table>
<thead>
<tr>
<th>Number</th>
<th>What it means</th>
<th>How can the labor partner help</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>A desire that she feel nothing; a desire for anesthesia before labor begins.</td>
<td>This is an impossible extreme; if she is a +10, she has no interest in helping herself in labor. Help her accept that she will have some pain.</td>
</tr>
<tr>
<td>8</td>
<td>Fear of pain, lack of confidence that mother will be able to cope; dependence on staff for pain relief.</td>
<td>Follow recommendations for +10. Suggest she discuss fears with care giver or childbirth educator.</td>
</tr>
<tr>
<td>7</td>
<td>Definite desire for anesthesia as soon as possible, or before labor becomes painful.</td>
<td>Be sure the doctor is aware of her desire for early anesthesia; learn whether this is possible in your hospital. Inform staff when you arrive.</td>
</tr>
<tr>
<td>5</td>
<td>Desire for epidural anesthesia before transition (7-8 cm. dilation). Willingness to cope until then, perhaps with narcotic medications.</td>
<td>Encourage her in breathing and relaxation. Know comfort measures. Suggest medications to her in labor as she approaches active labor.</td>
</tr>
<tr>
<td>3</td>
<td>Desire to use pain medications, but would like as little as possible. Natural childbirth is not a goal.</td>
<td>Plan to be active as a birth partner to help her keep medication use low. Use comfort measures. Help her get medications when she wants them. Suggest reduced medications when she wants them. Suggest reduced doses of narcotics or a “light” epidural block.</td>
</tr>
<tr>
<td>0</td>
<td>No opinion or preference. This is a rare attitude among pregnant women, but not uncommon among birth partners.</td>
<td>Become informed. Discuss medications. Commit yourself to helping her decide her preferences. If she has no preference, let the staff manage her pain.</td>
</tr>
<tr>
<td>-3</td>
<td>Would prefer that pain medications are avoided, but only if labor is short or easy. Wants medication otherwise.</td>
<td>Do not suggest she take pain medications. Emphasize coping techniques. Do not try to talk her out of pain medications.</td>
</tr>
<tr>
<td>-5</td>
<td>Strong preference to avoid pain medications, mainly for baby’s benefit. Is actively preparing (practicing labor coping skills and reading outside childbirth class) and learning comfort measures, but will accept medications for difficult labor.</td>
<td>Prepare yourself for a very active role and, if possible, invite or hire an experienced labor support person to accompany and help the two of you. Practice together in advance. Thoroughly learn how to help her relax and breathe in pattern. Know the comfort measures. Do not suggest medications. If she asks, try other alternatives. Have her checked for progress. Ask her to try five more contractions without medication. Be firm, confident and kind. Maintain eye contact and talk her through each contraction. Get help from others.</td>
</tr>
<tr>
<td>-7</td>
<td>Very strong desire for natural childbirth, for sense of personal gratification as well as to benefit baby. Will be disappointed if she uses medications.</td>
<td>Follow the recommendations for – 5, but with even greater commitment; interpret requests for pain medication as an expression that she needs more help. Use the Take Charge Routine. Only if that does not work do you stop trying to help her cope without medications.</td>
</tr>
<tr>
<td>-9</td>
<td>Wants medication to be denied by staff, even if she asks for it.</td>
<td>This is very difficult for you to be responsible for her satisfaction. Promise to help all you can, but the final decision is not yours. It is hers.</td>
</tr>
<tr>
<td>-10</td>
<td>Will not use medication even for cesarean delivery.</td>
<td>An impossible extreme. Encourage her to learn of complications that require painful interventions. Help her get a realistic understanding of risks and benefits of pain medications.</td>
</tr>
</tbody>
</table>
Newborn communication plan

Issues important to me

Name .......................................................................................................................... Baby’s Doctor ...........................................................................................................

Some of my greatest concerns and fears are:

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Infant Feeding

☐ I prefer to breastfeed
☐ I prefer to be consulted prior to my baby receiving artificial formulas
☐ I prefer to bottle feed
☐ Other (describe):

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Newborn Preferences

☐ I want my birth partner to accompany our baby and to present my Newborn Communication Plan to the nursery
☐ I would like to keep my baby in my room as much as possible
☐ I would like to film the bath
☐ I want to be present for the physician exam/assessment
☐ I plan to have my baby boy circumcised
☐ I prefer no pacifier or to limit the use of a pacifier
☐ Other (describe):

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Present this document to your nurse or doula.
Mother’s information: (Complete each line)

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First</th>
<th>Middle</th>
<th>Mother’s Employer Name</th>
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<tbody>
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<td></td>
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<table>
<thead>
<tr>
<th>Date of Birth</th>
<th>Social Security Number</th>
<th>Employer’s Address</th>
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<tr>
<th>Street Address</th>
<th>Apt</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
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<tr>
<th>City</th>
<th>State</th>
<th>Zip</th>
<th>County</th>
<th>Employer’s Phone Number</th>
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<th>Phone Number</th>
<th>Married</th>
<th>Single</th>
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<tr>
<th>Race</th>
<th>Patient’s Religion and Church</th>
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Spouse information:

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<tr>
<th>Last Name</th>
<th>First</th>
<th>Middle</th>
<th>Last Name</th>
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<th>Cell Phone</th>
<th>Work Phone</th>
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<th>Friend or relative:</th>
<th>Relationship</th>
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Mother’s insurance information: Will this insurance cover your newborn? ☐ Yes ☐ No

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<thead>
<tr>
<th>Insurance Company Name/Plan Type</th>
<th>Employer</th>
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</thead>
<tbody>
<tr>
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<table>
<thead>
<tr>
<th>Subscriber</th>
<th>Date of Birth</th>
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<table>
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<tr>
<th>Social Security Number</th>
<th>Insurance Address</th>
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<thead>
<tr>
<th>Insurance I.D. Number/Group Name and Group Number</th>
<th>Insurance Company’s Phone Number</th>
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Multiple insurance: Do you have more than one insurance? ☐ Yes ☐ No Will this insurance cover your newborn? ☐ Yes ☐ No

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<thead>
<tr>
<th>Insurance Company Name/Plan Type</th>
<th>Employer</th>
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<table>
<thead>
<tr>
<th>Social Security Number</th>
<th>Insurance Address</th>
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<tr>
<th>Insurance I.D. Number/Group Name and Group Number</th>
<th>Insurance Company’s Phone Number</th>
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Newborn insurance coverage: (If different than above)

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<th>Insurance Company Name/Plan Type</th>
<th>Employer</th>
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<tr>
<th>Social Security Number</th>
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<th>Insurance I.D. Number/Group Name and Group Number</th>
<th>Insurance Company’s Phone Number</th>
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Notify your insurance company/companies within 30 days of your child’s birth to ensure coverage.

<table>
<thead>
<tr>
<th>OB Physician’s Name and Family Physician Name</th>
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</table>

Mail completed form and copies of your insurance card(s) to: MercyOne Des Moines Medical Center c/o Maternity Pre-Admission Form 1111 6th Ave. Des Moines, IA 50314

FAX form and copies to: 515-358-3199

Or register online at MercyOne.org/desmoines/baby