

## Resources, Continued



### Nutritional Services

Mosaic can connect you to registered dietitians who can help with the unique nutritional needs during pregnancy and breastfeeding.



### Prenatal Care Coordinator

Care coordinators help you access different services available in Central Oregon, such as WIC (Women, Infants, and Children).



### Childbirth Education Classes

The local hospital offers childbirth education classes to help you and your partner get prepared. We can help you schedule these.



### Lactation Consulting

Breastfeeding can be challenging for both parent and baby to learn. Mosaic staff can help you find breastfeeding support.

**Help is available  
24 hours a day, 7 days  
a week.**

Patients can speak to a nurse or on-call provider at any time by calling **541-383-3005**.

If you think you or your baby may be experiencing an emergency, please **call 911** or **go to the nearest hospital**.



### Payment: We Work With You

Do not let financial concerns stop you from getting the healthcare you need. Regardless of your ability to pay, Mosaic Medical will provide quality care for you and your baby.

541-383-3005  
mosaicmedical.org



**Prenatal  
Care**

541-383-3005  
mosaicmedical.org

# We're Here For You

We are here to help you navigate all aspects of care for you and your baby.

## Resources



### Dental Screenings

Oral health is very important during pregnancy! Our staff can help you get set up with a dentist at Mosaic.



### Behavioral Health

We can refer you to a behavioral health consultant to help you manage your mental health during and after pregnancy.



### Insurance Enrollment

Mosaic offers OHP enrollment assistance free of charge.



### Community Resources

Our community health worker team can help connect you to community resources to meet your household's needs.



### Genetic Screening

Non-invasive genetic screening options are available. This is a great topic to discuss with your provider early in your pregnancy.



### Pediatric Care

Mosaic offers complete pediatric care, including circumcision and immunizations. Visit [mosaicmedical.org](https://mosaicmedical.org) to learn more.



### Postpartum Birth Control

Your provider will discuss options with you and support your choices.

## What to Expect at Your Appointments

### FIRST TRIMESTER

- New patients will need to establish care with Mosaic via a telephone visit.
- Once you have established care, a nurse will call you to discuss next steps and will be here to help support you throughout your pregnancy.
- We will order labs and ultrasounds and schedule both virtual and in-person visits with the prenatal providers.

### SECOND TRIMESTER

- We will be monitoring your weight and blood pressure very closely.
- Your provider will measure your belly to track baby's growth.
- Your provider will use a Doppler to listen to baby's heartbeat.
- Around 20 weeks, you will have your full OB ultra-sound. We will check to see that baby is growing healthfully. We can also usually determine the baby's sex at this appointment.

### THIRD TRIMESTER

- Appointments will be every two weeks starting at 28 weeks.
- Between 24 and 28 weeks, we will check for gestational diabetes.
- Your provider will continue to track baby's growth, monitor your weight and blood pressure, and listen to baby's heartbeat.
- Near the end of pregnancy, your provider will help you get prepared for delivery and answer any questions you have.

### POSTPARTUM

- During your hospital stay, Mosaic will reach out to schedule follow up appointments for both you and your baby.
- We will check your blood pressure and monitor how you are healing from the delivery. Coping with the changes of early parenthood (physically and emotionally) will also be addressed.
- Your baby will need to see a provider frequently after being born to make sure they are healthy. Baby's provider will offer vaccines, check weights and discuss feeding, and address any concerns you may have.



If you are a patient in Bend, you will be transferred to the **East Cascades Women's Group (ECWG)** at 34 weeks. ECWG providers will care for you through the end of your pregnancy and during your hospital stay. Patients experiencing high-risk pregnancies may also be transferred to ECWG.

**St. Charles Hospitals** in Bend and Madras handle all deliveries in Central Oregon. Your provider will help coordinate your delivery with St. Charles as your due date approaches.