

# What to Expect at Your Prenatal Visits\*

Don't forget  
to take a  
prenatal vitamin  
everyday

Every kick counts.  
Make sure to keep track of baby's movements.

Talk to your doctor about scheduling your  
postpartum visit.

## 1st Visit 8-12 weeks

Visits  
every  
4 weeks

- Discuss prenatal care and birth plan
- Physical and lab work
- Baby's heartbeat
- 1st Ultrasound

Appointment Date/Time

## 2nd Visit 12 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

## 7th Visit 30 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

Visits  
every  
2 weeks

## 8th Visit 32 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

## 11th Visit 37 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

Visits  
every  
week

## 12th Visit 38 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

## 3rd Visit 16 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth
- 2nd Ultrasound between 18-20 weeks

Appointment Date/Time

## 4th Visit 20 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

## 9th Visit 34 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

## 10th Visit 36 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

## 13th Visit 39 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

## 14th Visit 40 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

Talk to your doctor about your birth plan

## 5th Visit 24 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

## 6th Visit 28 weeks

- Glucose screening
- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

## Do you have young children or a newborn at home?

Keeping up with appointments and to-do lists can feel like a lot. We can help with children from NICU babies to adolescents. The Univera Healthy Baby Connection Program can help:

- Provide education
- Identify specialty providers
- Link to community resources or services

Call us at **1-844-694-6411** or **1-800-662-1220**. Hours are Monday –Friday, 8 am – 5 pm to connect with us.

## Due Date:

**Reminder:** It's important that you see your doctor within 6 weeks of having baby. Call your doctor to schedule your appointment.

■ 1st Trimester ■ 2nd Trimester ■ 3rd Trimester

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HEALTHCARE

\*Some visits with your doctor may be through telehealth

Disclaimer: Visit frequency shown is based on a non-high risk pregnancy. Talk to your provider about your expected visits.