



– Business Health Trust & Kaiser Permanente –

Top-Notch Care, From Prenatal to Pediatrics

Becoming a parent starts long before your baby is born. When you're a Business Health Trust member enrolled in Kaiser Permanente, your entire journey to parenthood is supported by connected care and coverage.

Personalized care built around you

At Kaiser Permanente, we coordinate your care before, during, and after your pregnancy to make it easier for you and your baby to stay healthy. Everyone on your care team can see your health history, collaborate quickly, and seamlessly connect you to the care you need — from prenatal specialty care to pediatric visits.

Comprehensive maternity care

At Kaiser Permanente, we take your care very seriously. We'll follow your pregnancy closely and give you extra appointments, tests, and education as needed. After you give birth, we'll be there to help you and your baby thrive.

You're in charge of your birth plan

Giving birth is a highly personal experience. Your care team supports your choices, from how you prefer to cope with pain to which laboring positions you favor.

For more information, visit kp.org/maternity



CenteringPregnancy Prenatal Care Groups

The CenteringPregnancy programs at the Capitol Hill, Bellevue and Tacoma Kaiser Permanente locations focus holistically on the health and wellness of the mother and her whole family in a group setting. Each group visit involves 8-12 pregnant women at a similar stage of pregnancy participating in facilitated discussions and training.

Research indicates that the benefits of CenteringPregnancy include:

- Increased birth weights
- Increased rates of breastfeeding
- Reduced risk of pre-term pregnancies
- Reduced risk of gestational diabetes

To join [CenteringPregnancy](#), ask about the program when you call to make your Kaiser Permanente prenatal appointment.