USING NURSE MIDWIVES

WHAT YOU NEED TO KNOW

Your health plan covers care from a nurse midwife. This information may help you decide if using a nurse midwife is a good option for you.

WHAT IS A NURSE MIDWIFE?

A nurse midwife is a registered nurse who graduated from an accredited nurse-midwifery program. A nurse midwife also passed a national exam. A nurse midwife helps you during pregnancy, labor, delivery, and after the birth. Nurse midwives deliver babies at birthing centers or at home. Most can also deliver babies at a hospital.

Nurse midwives can also:

- Educate you about pregnancy, birth, newborn care and breastfeeding
- Provide prenatal care and postpartum care
- Help you to make a birth plan
- Advise you about diet and exercise
- Refer you to an obstetrician if necessary

WHY CHOOSE A NURSE MIDWIFE?

Women without problems during pregnancy may choose a nurse midwife for:

- Decreased incidence of an episiotomy, fetal monitoring or induced labor
- A natural childbirth without use of medications
- Emotional, social and practical support
- Delivery outside of a hospital setting

If you have any questions about this benefit, please call Customer Service. The number is on the back of your ID card.

FINDING A NURSE MIDWIFE

To find a nurse midwife, go to your member website. Click **Find a Provider**. Search for Doctors and Medical Professionals. Under "Select Specialty," choose Nurse Midwife.

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