

# What to Expect at Your Prenatal Visits\*

**Don't forget to take a prenatal vitamin every day throughout your pregnancy.**

*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

2nd Visit  
12 weeks

- Discuss prenatal care and birth plan
- Physical and lab work
- Baby's heartbeat
- 1st Ultrasound
- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

Appointment Date/Time

7th Visit  
30 weeks

Visits every 2 weeks

8th Visit  
32 weeks

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

Appointment Date/Time

Appointment Date/Time

11th Visit  
37 weeks

Visits every week

12th Visit  
38 weeks

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

Appointment Date/Time

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 Bright Beginnings 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



\*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.

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