

Prenatal Care at JPS

Prenatal care is the healthcare you get while you are pregnant. It helps you stay healthy and gives your baby a healthy start in life. Women who see a healthcare provider during pregnancy develop healthier babies and are less likely to give birth too early. Seeing your provider regularly helps to spot and treat health problems early. At JPS, our goal is that every pregnant woman begins to receive prenatal care by the 13th week of pregnancy.

At each visit, your healthcare team will check to make sure you and your baby are healthy. You will also review results of any tests and learn about what you can do to stay healthy, give your baby a healthy start and prepare for delivery.



Prenatal care at JPS begins with our Centering Pregnancy program, offering women the opportunity to receive expanded prenatal care under a new model that has been tied to other birth outcomes. JPS is among the first in the region to become a designated Centering Pregnancy Center.

Expectant mothers in Centering Pregnancy prepare for motherhood while meeting in small groups with a provider and other pregnant women. Many new moms enjoy the benefit of extended time with a provider to answer questions. With meetings at least once a month, you will learn to take care of yourself, recognize potential complications and prepare for birth.

Future moms can also receive care using a traditional model, meeting with OB care providers one-on-one at JPS clinics or our Health Centers for Women.