

welcome to care

We are so happy you have chosen to have your care with Quilted Health. We understand this is one of the most important times in your life. We are honored that you trust us to support you. Our midwives are caring, kind, and work with you to provide the evidence-based care you deserve.

Our values

1. The health and safety of you and your baby come

first. As midwives, we specialize in pregnancy and birth. We are also trained to identify health problems that may make you too high risk for our care. Some conditions that are too high risk for midwifery care include, but are not limited to:

- Pregnant with more than one baby (twins, etc. .)
- Diabetes in pregnancy that is not well controlled
- High blood pressure that starts early in your pregnancy
- Certain genetic or congenital problems (something different with the baby's body)
- Your placenta is covering your cervix and hasn't moved by the end of pregnancy



If we identify that you have a condition like one of the ones above, we will help you find a supportive provider who has specialized training. If you do transfer to another provider during your pregnancy, we would be happy to see you again for your postnatal care after you have your baby. If you would like to use this option, please email or give us a call after you've had your baby.

2. We support you while you make decisions about your care. We know there are lots of choices to make about your pregnancy and birth. Not every choice is right for everyone. We want

you to feel confident that you are making an informed choice that is right for you. Your midwives will review the risks and benefits of all procedures, tests, and options for your care. We will help you make safe and healthy choices throughout your pregnancy and birth.

3. We provide adaptable and flexible care. Our midwives offer both in-person and virtual appointments to provide you high quality care that is safe and convenient.

We are a group practice

Your midwives work as a team. During pregnancy, you decide if you want to meet with all of us or just a few of us. We rotate the days that we are on call at the hospital. We can't predict which midwife will be with you during your labor, but we can promise that your midwife will be ready to give you the utmost care and guidance.

Labor and birth

Providence Sacred Heart Medical Center

Our deliveries take place at **The Birth Place** at Providence Sacred Heart Medical Center. In addition to your midwife, you will have access to a number of different specialists if needed. The Birth Place offers comfortable birth rooms with a bed, jacuzzi laboring tubs, rocking chair, birthing balls, TV, music player and a day bed for your support person.

Nursery level of care

The Birth Place has a Level IV regional NICU. This nursery offers the highest level of care for infants. This includes a full range of health care providers, including pediatric subspecialists, specialized nurses, and equipment for your baby if needed.

Our back-up doctors

Midwives specialize in low-risk pregnancy and birth. If your labor becomes higher risk, we will consult with an obstetrician (a doctor who specializes in birth). These doctors will work with you and your midwife to come up with the safest plan. If the best way for your baby to be born is by surgery, your midwife will be present with you in the operating room. No matter what happens, we work to make sure that you and your partner feel included, informed and supported.