

# PREGNANCY HEALTHCARE

## *Navigation Checklist*

Questions to help organize care, contacts, coverage, and next steps during pregnancy

### 1. Know the care team

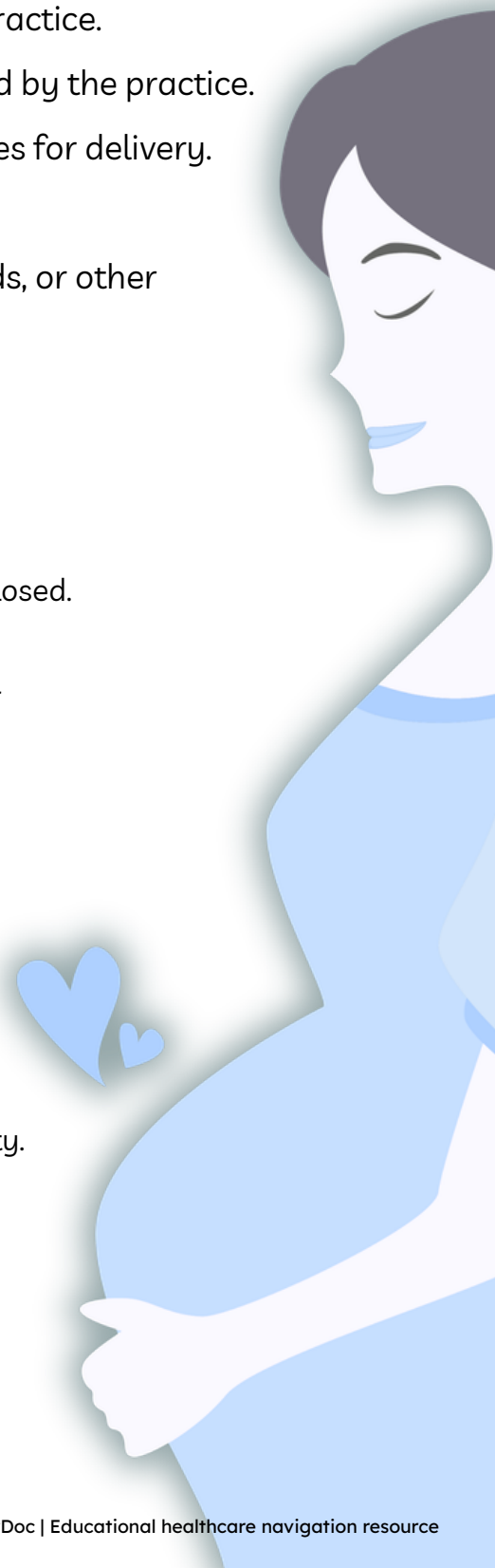
- ☐ Save the name and phone number for the OB or midwife practice.
- ☐ Save the after hours or on call contact information provided by the practice.
- ☐ Write down the hospital or facility the practice typically uses for delivery.
- ☐ Keep contact information for specialists involved in care.
- ☐ Know who to contact about referrals, appointments, records, or other administrative questions.

### 2. Understand the care pathway

- ☐ Ask what the practice instructs patients to do when the office is closed.
- ☐ Know which hospital or facility the practice generally uses.
- ☐ Ask whether instructions may differ depending on the situation or stage of pregnancy.
- ☐ Keep important contact numbers somewhere easy to find.

### 3. Check the insurance pieces

- ☐ Confirm the maternity practice's network participation with the health plan.
- ☐ Ask about network participation for the hospital or delivery facility.
- ☐ Ask whether planned services, referrals, tests, or specialist visits require authorization under the plan.
- ☐ Know where to direct coverage questions and save the contact information.
- ☐ Record the date, representative, and reference number when available for important coverage conversations.



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Keep track of what still needs an answer

### 4. What is still unresolved?

Use this space for questions that still need clarification. The goal is to leave each conversation knowing what is still open and who can answer it.

| I still need to clarify... | Who should I ask? | Answer / next step | Done |
|----------------------------|-------------------|--------------------|------|
|                            |                   |                    | [ ]  |
|                            |                   |                    | [ ]  |
|                            |                   |                    | [ ]  |
|                            |                   |                    | [ ]  |
|                            |                   |                    | [ ]  |

### 5. Before ending a healthcare call or appointment

- ☐ What happens next?
- ☐ Who is responsible for the next step?
- ☐ When should it happen?
- ☐ Who should I contact if it does not happen as expected?

## Quick notes

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*A clear next step is easier to follow when it is written down.*

Keep this checklist with pregnancy care information and update it when contacts, instructions, or coverage information change.

*Educational use only. General healthcare navigation education, not individualized medical, legal, or insurance advice. Confirm current coverage, network, and care information with the appropriate healthcare organization or health plan.*

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