



First Trimester Pregnancy Checklist

- Read through the Maternity Care Guide
- Schedule appointments
 - This will be done during your intake phone call
 - Decide which team of providers you'll work with (OB/GYN Physicians and Nurse Practitioners or Certified Nurse Midwives)
- Sign up for FollowMyHealth
- Continue (or start) prenatal vitamins
- Initial prenatal lab tests
- Screening for chromosomal abnormalities (if desired)
- Screening for genetic carrier status (if desired)
- Influenza vaccine (if appropriate)
- Sign up for Babyscripts™
- Request medical records (if needed)
- Look into resources throughout the pregnancy (online or printed)