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CONGRATULATIONS

We look forward to sharing this joyous and memorable occasion with you.

Methodist Healthcare has developed this FirstSteps Pregnancy Guide to help you feel comfortable and confident throughout your pregnancy, delivery, and after returning home with your new baby. Refer to this guide for information and support you may need during this very special time. Feel free to call the Methodist Healthcare HealthLine at 210-575-0355 or 1-800-333-7333. We're here to help you find the answers you need.
Over the next nine months things are going to change. Family life. Personal life. Home routine. And especially your body. Once you’ve seen your physician and your pregnancy has been confirmed, you may have lots of questions about these changes.

**Taking care of Mom.**
You should be an active participant in your pregnancy. Keep a list of concerns and questions to ask your doctor during your scheduled visits. Report any unusual symptoms, eat a well-balanced, nutritious diet, get regular exercise, and sufficient rest. Remember, if something’s bad for you – it’s bad for your baby, too. Avoid smoking, alcohol, drugs, and medications (unless prescribed by your physician). Be aware of your surroundings and stay away from known poisons and hazards like lead, excessive X-rays, insecticides, paint removers, etc. If you have concerns about being exposed to a product or chemical, ask your doctor.

**Taking care of Dad.**
Giving birth is an experience that can be shared with those we love. We encourage your baby’s father to accompany you on doctor visits, be there for sonograms, attend the hospital tour, assist you during your exercises and help you get ready for the baby’s homecoming. Attending the FirstSteps classes with you is a way to help him feel confident in his role during the birth of his baby and his role as a parent. Remember to have dad enroll in *Boot Camp for New Dads*. This class is just for him. No females are allowed unless they are less than 2 feet tall! In this class, veteran dads and their babies show rookie dads “the ropes.”
Learn relaxation methods and develop techniques for a healthy and comfortable pregnancy.

We want you to cherish the memories of your child’s birth. And our FirstSteps Educational Series will help you prepare for the experience. It’s one of the many educational programs offered by Methodist Healthcare. When you attend FirstSteps classes, you’ll receive important information designed for your entire family. We have certified childbirth educators on staff who are delighted to be a part of this wonderful experience.

Remember, registration is required for all classes. Be sure to call early since classes fill quickly. Classes vary as to length of time and are offered evenings and weekends. One of the many benefits of the WomanPlus® program is free childbirth education classes when delivering at Methodist Hospital, Metropolitan Methodist Hospital (a campus of Methodist Hospital), or Methodist Stone Oak Hospital. When you arrive at the hospital, all you’ll need to do is identify yourself and check in. It’s that easy!

FirstSteps Educational Series

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Planning for the Hospital Admission

Things to remember:

- Enroll in the FirstSteps Educational Series classes. (Learn how on page 9)
- Pre-Register for Your Hospital Stay. It facilitates the admitting process and saves time. The Pre-Admission Form is provided in the back of this guide for your convenience. To register online, all you have to do is log on to www.SAHealth.com and click “Patients and Visitors” then click on “Pre-Register.” From there, you’ll be asked to answer a few simple questions about your physician, procedure to be performed, employer and insurance carrier. After you’re done, you can submit your form via a confidential secure server, ensuring that your private information stays private. Expectant mothers can pre-register for delivery at Methodist Hospital, Metropolitan Methodist Hospital (a campus of Methodist Hospital), or Methodist Stone Oak Hospital. When you arrive at the hospital, all you’ll need to do is identify yourself and check in. It’s that easy!
- Financial Arrangements. Have questions about your insurance coverage? Our financial counselors are available to help you. If you do not have health insurance or maternity coverage, OB Prompt Pay may be an excellent option for you. OB Prompt Pay gives families the opportunity to pay a reduced fee for the birth of their baby and the hospital stay of both mom and baby. The entire amount must be paid at the time of discharge. It includes hospital services and medications only. Physician services are not included. (some restrictions may apply.) Please feel free to call the financial counselors for any questions and for more information about this and other services.

For your convenience, a financial counselor is available within the Labor and Delivery Unit at Methodist Hospital for advice, OB Prompt Pay information, and payment on private or deluxe rooms, or suites. Family members may also visit this department at the time of discharge for discharge paperwork.

If you are delivering at Methodist Hospital, the financial counselors can be reached at 210-575-4076. If you are delivering at Metropolitan Methodist Hospital, the financial counselors can be reached at 210-757-2087. If you are delivering at Methodist Stone Oak Hospital the financial counselors can be reached at 210-638-2128.
Getting Ready for Childbirth. 
Explore childbirth options and learn ways to help cope with labor and birth. This series is one day a week for four weeks and includes the “You and Your Baby” class. This series should be completed at least four to six weeks prior to your due date. Other class options include: Marathon, offered on a Saturday or Sunday or Marathon Split, two four-hour classes offered in the same week. Please note: “You and Your Baby” is not included in these two options. For expectant teens, a special series is also available.

You and Your Baby. 
Learn ways of relating to and caring for your new baby during the first few weeks of his or her life. This class is included in a four-week childbirth series. It is also available as a one-time, three-hour class during the evening or on weekends.
Beyond Baby Blues.
We encourage every expectant couple to attend this class so that they may be better prepared to recognize the signs and symptoms of postpartum depression. A Beyond Baby Blues support group is also available.

Buckle Up Baby.
Learn correct car seat usage and installation. Hands-on instruction is provided by instructors who are certified child passenger safety technicians. We encourage early sign up for the Buckle up Baby classes as they fill up quickly!

- Buckle Up Baby—How to Use It.
Four out of five car seats are installed incorrectly, mostly due to problems with car seat selection or installation. In this class, you will learn how to correctly secure your child in the car seat and how to install it in your vehicle. Certified child passenger safety technicians will assist you with getting the proper fit, obtaining the correct angle and testing for a tight installation. Attend this class in the eighth month of pregnancy.

- Car Seat Safety 101 Class:
Our Car Seat Safety 101 class is designed to give parents information on which car seat is best for their most precious cargo: their infant, toddler, and/or small child. Certified child passenger safety technicians review the basics of correct car seat selection, based on criteria that emphasizes safety, child-appropriateness, vehicle considerations, and convenience. Also covered is information on after-market accessories and the reasons why many second-hand car seats are not safe to use.

Breastfeeding Your Baby.
This one-time, three-hour class should be completed four to six weeks prior to your due date. Our instructors will help you prepare for your breastfeeding experience and help you and your baby get off to a good start. As with the other classes, your partner is encouraged to attend.

Breastfeeding Moments Support Group.
Moms share their experiences and discuss the topic of the month. Babies are welcome to attend. Facilitated by a lactation consultant.

Boot Camp for New Dads.
This is a special class just for expectant fathers. It is taught by veteran dads who bring their own babies to class. New dads will have the opportunity to share common concerns with other dads and learn what it’s all about.

Unexpected Outcomes Support Group
This support group focuses on helping you cope, survive and rebuild new dreams when something unexpected happens during your pregnancy or delivery of your baby.
Methodist Healthcare delivers more babies than any other health care provider in San Antonio. Our experienced staff looks forward to welcoming your new baby. We know how important it is for you to have all the information you need to choose the right hospital and doctors for you and your baby. Since you have this FirstSteps Pregnancy Guide, you're probably already familiar with your obstetrician, and the fact that your doctor delivers at a Methodist Healthcare hospital.

Remember, you'll need to choose a pediatrician before your baby arrives. Please refer to page 14 for a detailed list of questions you may want to ask to help you select your baby’s doctor.

San Antonians consider the physicians practicing at Methodist Healthcare hospitals the best. We agree. Along with your doctor, we want to help you have a healthy and a safe pregnancy. You can ask your doctor about your diet and exercise, the plan for your baby’s birth, and any unusual symptoms you may have during your pregnancy. The more your doctor knows, the better he or she can help you. We also recommend you enroll in our FirstSteps Educational Series to help prepare you for your baby’s birth.

* Physicians practicing at Methodist Healthcare facilities are independent practitioners and are not employees or agents of the System.

Peek-a-Boo Tour

When you’re ready to have your baby, it will be an emotional and exciting time for your entire family. The Peek-a-Boo Tour was developed to help you become familiar with the various areas of the hospital of your choice so you will feel more comfortable when it’s time for baby’s arrival.

A tour at Methodist Hospital, Metropolitan Methodist Hospital and Methodist Stone Oak Hospital lasts about one hour. Call the Methodist Healthcare HealthLine at 210-575-0355 or 1-800-333-7333 for more information and to register for a tour. Please feel free to ask questions anytime throughout the tour. We want you to be comfortable during your stay, and these special tours have been developed to welcome and assure you. You can also take a virtual tour of the Women’s Pavilion at Methodist Hospital by logging onto www.MethodistSpecialDelivery.com.

Don’t forget to visit The Marketplace at Methodist Hospital. It’s a great place where mom’s partner and family members can get a quick meal without having to leave the facility. It is conveniently located in the Methodist Hospital parking lot.
Whether you have chosen to have your baby at the Women’s Pavilion at Methodist Hospital, the Women’s Pavilion at Metropolitan Methodist Hospital or Methodist Stone Oak Hospital—rest assured you have selected hospitals that are part of the most preferred health care system in San Antonio.

The Women’s Pavilion at Metropolitan Methodist Hospital is conveniently located in downtown San Antonio, while the Women’s Pavilion at Methodist Hospital is located in the South Texas Medical Center. Methodist Stone Oak Hospital is conveniently located in north central San Antonio. All three facilities offer a full range of maternity services, including prenatal testing; Labor, Delivery, Recovery (LDR) rooms; Mother/baby unit; comprehensive nurseries; and fully staffed and equipped antepartum units.

All private rooms in the special birthing areas have been designed to help you feel comfortable, relaxed and at home. Antepartum units are for expectant mothers who have medical problems with their pregnancy or other health issues. Patients are carefully observed here and treated by our specially trained staff.

We are committed to making the birth of your baby a joyful and memorable experience for you and your family. Please share with us any special needs or concerns you and your family have. Discuss with your physician and your nurse how you would like your family members included in your birth experience.

Our philosophy and mission of service, combined with experienced, caring nurses, highly respected, affiliated independent physicians, and sophisticated medical technology, help provide you with the warm, loving, and high quality care that you want for you and your baby during this special time.

Choosing Your Baby’s Doctor

Your baby will need to be examined by either a pediatrician or family practice physician within the first 24 hours after birth and again, prior to discharge. Remember, your baby’s doctor will be very important as your baby quickly grows over the next few years. You’ll want a doctor you feel comfortable with when discussing your child’s health. So, don’t hesitate to ask questions!

Here are some things to consider when choosing your baby’s doctor:

- Does your current health plan include the physician of your choice?
- Does your current health plan include all the Methodist Healthcare hospitals?
- What is the doctor’s viewpoint on infant feeding?
- Who takes the call when the doctor is not on duty?
- When are “well baby” check-ups and immunizations scheduled?
- What does the doctor consider a “sick baby?”
- What is the procedure for an emergency?
- Do the doctor and his staff make you feel comfortable?

Today, it is important to make sure your pediatrician or family practice physician is a provider under your health care plan and at a Methodist Healthcare facility.

Should you need physician profiles to help in selecting your baby’s doctor call the Methodist Healthcare HealthLine at 210-575-0355 or 1-800-333-7333 or log onto www.SAHealth.com and click on “DoctorSource”.

Delivering at a Methodist Healthcare Facility

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Don’t forget to choose a pediatrician before your baby’s arrival.
It’s Time To Go!

The average stay for a mom and baby is one to two nights for a vaginal birth and two to three nights for a Cesarean birth.

If you return your pre-admission form or submit it online, it will be available upon your arrival at the hospital.

Don’t forget to take advantage of complimentary valet parking at Methodist Stone Oak Hospital and Methodist Hospital.

It’s time! Your baby is ready to make the big entrance. You feel confident. You’ve taken the Peek-a-Boo Tour at the Methodist hospital of your choice, attended FirstSteps classes, and you know exactly where to go and what to do. Your suitcase is packed. You’re excited and anxious, all at the same time. Your doctor has instructed you to meet at the hospital, and you’re on your way to having your baby!

Time to go. More than likely, your hospital stay will only be for a day or two. Make sure that you have made arrangements in advance for transportation home from the hospital. Plan to have someone pick you up and your baby at the hospital so that you will be able to leave shortly after you and your baby are discharged by your doctors.

Remember, it is the law that all infants and children be appropriately secured in properly fitted car seats to be released to go home.

Where To Go

Use the following maps to find the easiest route to either Methodist Hospital, Methodist Stone Oak Hospital or Metropolitan Methodist Hospital.

What do you do when you get to the hospital? Once you have spoken to your physician and you are told to go to the hospital, you’ll be directed to go to the Labor and Delivery Unit.

Complete driving instructions from your home address to Methodist Hospital, Methodist Stone Oak Hospital or Metropolitan Methodist Hospital are available on SAHealth.com. Just click on “Locations” at the top of the page.

**Methodist Hospital**
Women’s Pavilion
7700 Floyd Curl Drive
210-575-4000
In the Medical Center on Floyd Curl between Medical Drive and Louis Pasteur

**Metropolitan Methodist Hospital**
A Campus of Methodist Hospital & Women’s Pavilion
Metropolitan Methodist Hospital
1310 McCullough Avenue
210-757-2200
Near downtown San Antonio, at the corner of McCullough and Brooklyn (2 blocks north of IH-35)
Women’s Pavilion
1410 McCullough Avenue at Laurel
210-757-2200

**Methodist Stone Oak Hospital**
1139 E. Sonterra Blvd.
210-638-2000
West of Highway 281, north of Loop 1604
Visitation. During your hospital stay we want your family to feel welcome and part of this wonderful celebration of new life. Your baby’s dad or another person you designate may stay with you overnight in our private rooms, deluxe rooms, or suites. Big brothers and big sisters of the baby are also encouraged to visit mom and baby!

Mother/Baby visiting hours – Methodist Hospital: 9 a.m. – 9 p.m.*
For more information about visiting hours call 210-575-4000.

Mother/Baby visiting hours – Metropolitan Methodist Hospital: 9 a.m. – 9 p.m.*
For more information about visiting hours call 210-757-2200.

Mother/Baby visiting hours – Methodist Stone Oak Hospital: Visiting hours are flexible depending on mother’s condition.

Going Home. It’s finally time to take your new baby home. When you and your baby are ready to be discharged, the following details need to be taken care of before you leave.

• The baby’s doctor and your doctor need to write discharge orders.
• Discharge papers are completed at the nurse’s station and can be obtained from your nurse.
• Mom will need to sign baby’s identification form.
• Notify your nurse when you are ready to get your baby dressed to go home.
• Notify the nurse’s station when you and baby are dressed and ready to leave the hospital.
• Either your nurse or an escort will take you to your car. You will be taken out by wheelchair, with your baby in your arms.
• A cart will be provided to carry your personal items.
• You must have an infant car seat securely placed in your vehicle.

*Dad or a guest can stay overnight if mom is in a private room.

Methodist Healthcare supports and participates in the Mother/Baby Care program, which helps mother and baby get close to each other. Our post partum rooms are specially designed for this purpose: to give both mother and baby plenty of “getting-to-know-you” time. Remember, your baby has a unique personality. Babies are like a puzzle: the more time you spend getting to know them, the easier the pieces fall into place. And a large portion of successful parenting is simply having the confidence to take care of your baby.

Mother/Baby Care. In order for a mom and dad to learn about their newborn baby’s behavior and care, the baby needs to be with them. Mother/Baby Care helps you and your baby get off to a great beginning by getting to know each other from the start.

Birth Certificates. The birth certificate registrar will obtain information needed for the completion of the birth certificate from appropriate sources. Sources include the mother or biological father of the child, or the information may be obtained from the immediate family under special circumstances. The birth certificate department has valuable information regarding the following:
• Adoptions
• Acknowledgement of Paternity (unmarried couples)
• Texas Immunization Registry
Please call at 210-575-4133, for further information and/or brochures.

The Nursery

Remember you must choose a pediatrician before your baby’s arrival. Your baby’s physician will be notified of your baby’s birth and provide instructions for your baby’s care while you’re in the hospital. After delivery, you and your baby will go to the Mother/Baby Unit.

Newborn Nursery. The Newborn Nursery may seem somewhat empty at our hospitals. This is because we encourage moms to get acquainted with their babies by spending this important time together. It’s a good time for you to ask questions and learn from your nurses. Occasionally, it may be necessary for your baby to be returned to the nursery.

Newborn Intensive Care Unit (NICU). If your baby needs special care or treatment, our Newborn Intensive Care Unit - Level III Nurseries at Methodist Hospital, Metropolitan Methodist Hospital and at Methodist Stone Oak Hospital are staffed and equipped to meet those needs. We have neonatologists or neonatal nurse practitioners in the hospital 24 hours a day and you are encouraged to be actively involved in your baby’s care.
We offer health care services for your entire family as well as classes and programs that will benefit you and your family as your family grows. You’ll be glad to know Methodist Healthcare offers more educational programs than any other health care system in the city. From prenatal care to birth, through childhood into adulthood and mature adulthood, it is our mission to continuously improve the health and wellness of our community.

Delivering babies is a very important part of what we do. But it’s only the beginning.
Beyond Baby Blues.

We encourage every expectant couple to attend this class so that they may be better prepared to recognize the signs and symptoms of postpartum depression.

CPR and Basic First Aid for Family and Friends.

This is a non-certifying course designed for parents, grandparents or older siblings of infants and toddlers that covers infant and child CPR, pediatric basic life support and basic first aid.

The Women’sLife® Resource Center (a benefit of WomanPlus®).

Located at Methodist Women’s Center, is a specialty resource library where you can checkout informative books concerning health and wellness. This resource center offers:

- Specialty books and videos about childbirth, premature delivery, breastfeeding, parenting and women’s health
- Books and videos for big brothers and big sisters

Methodist Women’s Center Support Services

Breastfeeding Support.

The Lactation Center at Methodist Women’s Center. International Board Certified Lactation Consultants provide technical assistance and emotional support to breastfeeding families.

Free inpatient consultations for women delivering at Methodist Hospital, Metropolitan Methodist Hospital and Methodist Stone Oak Hospital.

Free outpatient consultations (by appointment only) for all women in the community, regardless of where they gave birth. For more information, questions, or to schedule an appointment, call the Methodist Women’s Center at 210-575-0261.

A Caring Touch.

Relax and enjoy a complimentary 15 minute massage in the comfort of your hospital room during your stay at Methodist Stone Oak Hospital.

Weigh to Grow!

A common question breastfeeding mothers often ask is "how do I know my baby is getting enough milk?" One of the best ways to answer that question is to watch your baby’s pattern of growth and weight gain. At The Lactation Center at Methodist Women’s Center, you and other parents may walk in, (Monday – Friday from 8:30 a.m. – 5:00 p.m., closed from 12 – 1 p.m.) and weigh your baby at our free baby weighing station. Lactation consultants are available to answer questions.

Methodist Women’s Center

8109 Fredericksburg Road
210-575-0261
In the Medical Center at the intersection of Fredericksburg and Datapoint.
At the Stork’s Nest, located at Methodist Women’s Center, you will find something for everyone in your family. Here are just a few of the things the Stork’s Nest has to offer you. Drop in for a visit!

**For Mom**
- Prenatal bras and underwear
- Supportive maternity belts
- Breast pumps for sale or rent
- Breastmilk storage bags
- Nursing bras, pads, and creams
- Nursing camisoles
- Nursing foot stools and pillows designed for holding and feeding baby
- Books on breastfeeding and parenting

**For Parents and Grandparents**
- Informative books for parents and grandparents
- “Over the Shoulder Baby Holder”
- Music to soothe baby (CDs and cassettes)

**For Baby**
- Specialty feeding items

**For Big Brothers and Sisters**
- “Big Brother/Big Sister” T-shirts

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**Buckle Up Baby.**

Learn correct car seat usage and installation. Hands-on instruction is provided by instructors who are certified child passenger safety technicians. *We encourage early sign up for the Buckle Up Baby classes by calling 210-575-0355. They fill up quickly!*
For your Family

Methodist Healthcare gives your family choices of facilities close to where you live and work — all around our community. A large number of physicians and health care professionals work with us on an independent basis to provide you and your family with quality health care. Also, we offer a wealth of educational and preventive health care programs throughout the year and at multiple locations — all designed to help keep you and your family healthier.

Pediatric Services

With your new baby coming, you’ll be glad to know that Methodist Healthcare also offers newborn and pediatric services. Be sure your baby’s doctor belongs to a health plan that includes Methodist Children’s Hospital, a campus of Methodist Hospital — the only hospital in San Antonio designed and built especially for children.

NatalDoc

An online health care magazine in Spanish with personalized information for women who are currently or considering becoming pregnant. Offered exclusively by Methodist Healthcare and NatalDoc. For a high quality health care education in Spanish, particularly in the area of preventive medicine, visit www.nataldoc.com/methodist.

WomanPlus®

Over 240,000 people are members of this individual and family health and wellness program. As a member, you’ll receive benefits like discounted hospital parking with ticket validation at Metropolitan Methodist and Methodist hospitals, free health screenings, FirstSteps classes, and so much more. To become a WomanPlus® member, all you have to do is log on to www.SAHealth.com. Click “Membership Service” then WomanPlus®. Your membership allows your children (through age 10) to receive automatic enrollment in the Young Heroes’ Club®. Call the Methodist HealthLine at 210-575-0355 for details.

Young Heroes’ Club®

The Young Heroes’ Club® is a membership program created just for children (10 years and under) and offered by Methodist Healthcare. Your kids will enjoy this really cool club, with fun ways to learn healthy habits while they’re growing up. It’s exciting for parents, too — watching the kids participate in a program that’s educational and entertaining. In addition to an official membership card, each child will receive an activity workbook, a coloring book, stickers, and lots more. All are free! So, enroll your children today by calling the Methodist Healthcare HealthLine at 210-575-0355! It’s never too early to get children started on the road to healthy habits!

Your Baby’s Health

Immunizations. When your baby is born, antibodies received from you will provide protection from some infections. However, there are a number of childhood illnesses that a baby may develop. There are several that may even be life threatening. It is extremely important to have your baby vaccinated against major childhood illnesses. Remember to follow the guidelines of your baby’s pediatrician.

Call-A-Nurse for Children, 22-NURSE (210-226-8773) or 1-877-647-7440, is just a phone call away when you need a quick answer about a scratch or a scrape, a fever, or a tummy ache. Call-a-nurse for Children is a special telephone service from the Methodist Children’s Hospital. Staffed by specially trained pediatric nurses, this free service is available when your doctor’s office is closed: Monday – Thursday 5 p.m. – 8 a.m.; Fridays 5 p.m. through Monday at 8 a.m.; and major holidays. For medical emergencies always call 911 or your physician. For a free refrigerator magnet so you’ll always have the number handy, call 22-NURSE (210-226-8773), the Methodist Healthcare HealthLine at 210-575-0355 or, toll-free outside San Antonio, 1-800-333-7333. You may also go to SAHealth.com and click on the “Call-A-Nurse” icon.

Methodist Healthcare Services

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Additional Services

There are multiple services available at Methodist Healthcare to meet your family’s needs.

Other Services

You or someone you know may be interested in learning more about one of the following programs or services Methodist Healthcare offers:

- 55PLUS®, our free health and wellness educational program for people age 55 and older
- DoctorSource®, our free physician referral service
- Whatever health care questions or needs you have, you can call the Methodist Healthcare HealthLine at 210-575-0355 or 1-800-333-7333
- Call-A-Nurse for Children, 22-NURSE (210-226-8773) or 1-877-647-7440, a health advice service that allows you to speak to a specially trained pediatric nurse when your child gets sick.
- Methodist Women’s Services Healthy News and Children’s Health News are free personalized e-health newsletters that bring you the latest health information sourced from hundreds of medically-reviewed publications and journals on the health topics that matter to you. Sign up at SAHealth.com under the Health source tab.

Your Baby’s Health

Immunizations. When your baby is born, antibodies received from you will provide protection from some infections. However, there are a number of childhood illnesses that a baby may develop. There are several that may even be life threatening. It is extremely important to have your baby vaccinated against major childhood illnesses. Remember to follow the guidelines of your baby’s pediatrician.

Call-A-Nurse for Children, 22-NURSE (210-226-8773) or 1-877-647-7440, is just a phone call away when you need a quick answer about a scratch or a scrape, a fever, or a tummy ache. Call-a-nurse for Children is a special telephone service from the Methodist Children’s Hospital. Staffed by specially trained pediatric nurses, this free service is available when your doctor’s office is closed: Monday – Thursday 5 p.m. – 8 a.m.; Fridays 5 p.m. through Monday at 8 a.m.; and major holidays. For medical emergencies always call 911 or your physician. For a free refrigerator magnet so you’ll always have the number handy, call 22-NURSE (210-226-8773), the Methodist Healthcare HealthLine at 210-575-0355 or, toll-free outside San Antonio, 1-800-333-7333. You may also go to SAHealth.com and click on the “Call-A-Nurse” icon.
INSTRUCTIONS FOR COMPLETING WOMEN'S SERVICES
PRE-ADMISSION INFORMATION SHEET

Please fill out the enclosed form completely. This information will be held in the strictest confidence, but will be used to pre-admit you into our hospital information system.

Please refer to page six for detailed instructions on how to pre-register for your hospital stay online.

SECTION 1: Please note your expected due date and confirm who your admitting physician will be.

SECTION 2: This is information specific to the patient who is to be admitted. Expectant mothers please note: when your baby is born, he/she will be registered using your last name as when you registered. Soon afterward the birth registrar from Medical Records Department will contact you to fill out the birth certificate information sheet. Medical Records will then type up the birth certificate and submit this to the Bureau of Vital Statistics. If the child’s last name is different than the mother’s last name, Medical Records will then update the hospital information system to reflect the baby’s legal name. After you are hospitalized, an attempt will be made to notify your local church/synagogue/temple unless you specify otherwise. You are also encouraged to notify your religious institution in advance of entering the hospital.

SECTION 3: The guarantor is the person who assumes financial responsibility for the hospital bill. If you have insurance, this person will be responsible to pay the charges not paid by your insurance company. This section must be completed.

SECTION 4: Please list the name, address and phone numbers of two persons you wish to be notified in case of an emergency.

SECTION 5: Please list the information as it on your insurance card(s). If you do not have insurance, or your insurance coverage is limited, a deposit of $3,500 for medical services, $5,000 for surgical services, or $1,150-$2,900 for expectant mothers is required when you enter the hospital. Expectant mothers are required to pay the fee by the seventh (7th) month of pregnancy. The amount will depend on your planned length of stay. If you owe more at the end of your hospitalization then the amount deposited, you will need to pay the remaining amount prior to discharge to remain qualified for the Flat Rate Program. Additionally, if you have co-insurance, co-payments or deductible amounts outlined in your insurance benefit plan, you will be asked to pay these at the time of your admission. You may contact a Financial Counselor at 210-575-4076 if you have questions about your coverage or to make payment arrangements. Please notify your insurance company for pre-certification prior to being admitted. Failure to contact your insurance company may result in a payment reduction penalty.

SECTION 6: This section to be completed by Medicare and/or Medicaid recipients only. Even if you have a Medicare replacement policy, this information is critical.

SECTION 7: It is very important to make sure your pediatrician/family practice physician is a member of your medical plan. You must contact your selected pediatrician or family practice physician before your hospital admission to make sure he/she is currently accepting new patients. Expectant mothers must notify the hospital with your selected pediatrician or family care physician.

PRE-ADMISSION INFORMATION FOR WOMEN'S SERVICES

1. GENERAL INFORMATION

<table>
<thead>
<tr>
<th>Field</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pregnancy Due Date</td>
<td>Date of Admission:</td>
</tr>
</tbody>
</table>

| Date of Last Menstrual Period | Name of Admitting Physician: |

<table>
<thead>
<tr>
<th>Have you ever been a patient at a Methodist Hospital?</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name Used:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. PATIENT INFORMATION

<table>
<thead>
<tr>
<th>Are you a WomanPlus® Member?</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent’s Name:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Social Security Number:</th>
<th>Date of Birth:</th>
<th>Single</th>
<th>Married</th>
<th>Widowed</th>
<th>Widowed</th>
<th>Retirement Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Address: Apto:</td>
<td>City/State/Zip Code:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Home Phone:</th>
<th>Work Phone:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employer Name:</td>
<td>Occupation/Tote:</td>
</tr>
<tr>
<td>Employer Address:</td>
<td></td>
</tr>
<tr>
<td>Home Phone:</td>
<td>Work Phone:</td>
</tr>
</tbody>
</table>

3. RESPONSIBLE PARTY

| Last person responsible for the Hospital bill and/or payment for services: |

<table>
<thead>
<tr>
<th>Guarantor’s Name:</th>
<th>Guarantor’s Address:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Phone:</td>
<td>Work Phone:</td>
</tr>
<tr>
<td>City/State/Zip Code:</td>
<td>Relationship to Patient:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Social Security Number:</th>
<th>Date of Birth:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employer Name:</td>
<td>Occupation/Tote:</td>
</tr>
<tr>
<td>Employer Address:</td>
<td>Full Time</td>
</tr>
</tbody>
</table>

4. EMERGENCY CONTACT INFORMATION

<table>
<thead>
<tr>
<th>Phone number for benefits:</th>
<th>Phone number for Pre-Certification:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employer Name (Group):</td>
<td>Address:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Employer’s name: Occupation/Title:</th>
<th>Social Security Number:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone number for benefits:</td>
<td>Phone number for Pre-Certification:</td>
</tr>
<tr>
<td>Employer Name (Group):</td>
<td>Address:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Guarantor’s name:</th>
<th>Guarantor’s address:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Phone:</td>
<td>Work Phone:</td>
</tr>
</tbody>
</table>

5. INSURANCE COVERAGE INFORMATION

<table>
<thead>
<tr>
<th>Name of Primary Insurance Company:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Address of Insurance Company:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Phone number for benefits:</th>
<th>Phone number for Pre-Certification:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employer’s name: Occupation/Title:</td>
<td>Social Security Number:</td>
</tr>
<tr>
<td>------------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>Employer’s name: Occupation/Title:</td>
<td>Social Security Number:</td>
</tr>
<tr>
<td>Group Number:</td>
<td>Effective Date or Eligibility Date:</td>
</tr>
</tbody>
</table>

| Name of Secondary Insurance Company: |

<table>
<thead>
<tr>
<th>Address of Insurance Company:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Phone number for benefits:</th>
<th>Phone number for Pre-Certification:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employer’s name: Occupation/Title:</td>
<td>Social Security Number:</td>
</tr>
<tr>
<td>------------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>Employer’s name: Occupation/Title:</td>
<td>Social Security Number:</td>
</tr>
<tr>
<td>Group Number:</td>
<td>Effective Date or Eligibility Date:</td>
</tr>
</tbody>
</table>

6. MEDICARE AND/OR MEDICAID PATIENTS ONLY

<table>
<thead>
<tr>
<th>Have you been admitted to any other hospital in the last 60 days?</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of Admission:</td>
<td>Date of Discharge:</td>
<td></td>
</tr>
<tr>
<td>Medicare Claim Number:</td>
<td>Medicare Recipient Number:</td>
<td></td>
</tr>
</tbody>
</table>

| Part B Effective Date: | Medicare Effective Date: |

7. NEWBORN PHYSICIAN INFORMATION

- YOU MUST CHOOSE A DOCTOR FOR YOUR BABY BEFORE HOSPITAL ADMISSION. It is very important to make sure your pediatrician/family practice physician is a member of a medical plan that allows him or her to practice at a Methodist Hospital. To find out if your baby’s doctor is a part of a health plan that offers Methodist Healthcare as a choice, call your doctor’s office. Please contact your medical plan to make sure your pediatrician or family practice physician is currently a member of your medical plan. Please contact your selected pediatrician/family practice physician before your hospital admission to make sure that he or she is currently accepting new patients. Please notify Methodist Healthcare with the name of the pediatrician or family practice physician you have selected.

<table>
<thead>
<tr>
<th>Physician’s Name:</th>
<th>Phone Number:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Date you notified your selected physician:</th>
</tr>
</thead>
</table>

Please notify your insurance company for pre-certification requirements. Failure to Pre-Certify may result in a payment reduction penalty. Please notify your insurance company or your impending admission.

WHEN COMPLETED, PLEASE FAX THIS DATA SHEET TO 210-581-4906 OR MAIL IT BACK TO THE METHODIST FACILITY OF YOUR CHOICE. PLEASE CALL FOR QUESTIONS. WE ARE HERE TO HELP YOU FIND THE ANSWERS YOU NEED. THANK YOU.
