

Get quality maternity care from home



Maternity care with an at-home toolkit

Get top-notch pregnancy care—but fewer trips to your clinician’s office—with our new at-home toolkit.

- With this maternity care option, you’ll get a mix of video visits^{1,2} and in-person office visits throughout your pregnancy. This means you’ll have the flexibility to get maternity care in a way that works for you.
- And for added convenience, you’ll also be able to send the results from your at-home blood pressure and weight screenings straight to your electronic health record with the KP Health Ally app. This is one way you and your care team can stay connected and on top of your health even when you’re doing video visits^{1,2} at home.
- The main difference between virtual and in-person care is that your blood pressure, weight, and fetal heart tones are taken from the comfort of your own home prior to your visit with the clinician.
- Whether you’re coming into the office or talking with your clinician over video,^{1,2} your care team will work with you to make sure your pregnancy care is tailored to your personal needs. We’re here to give you the care and support you need for a happy, healthy pregnancy.

If you are interested in this care option, ask your clinician for more details at your next visit.

If you still have questions or want to know more after your visit, message your clinician on kp.org.

¹When appropriate and available.

²If you travel out of state, phone appointments and video visits may not be available due to state laws that may prevent doctors and health care providers from providing care across state lines. Laws differ by state.

Maternity care at-home visit schedule

Under this schedule, you come in the office for milestone visits.

16 weeks.....in person

Learn how to use the equipment and meet with the nurse to complete your prenatal visit.

20 weeks..... anatomy sonogram

21-22 weeksvirtual

27-28 weeksin person

32 weeks.....virtual

36 weeks.....in person

37-38 weeksvirtual

39-40 weeksin person

You can come in for face-to-face visits anytime that you have concerns that would be better addressed in person.

