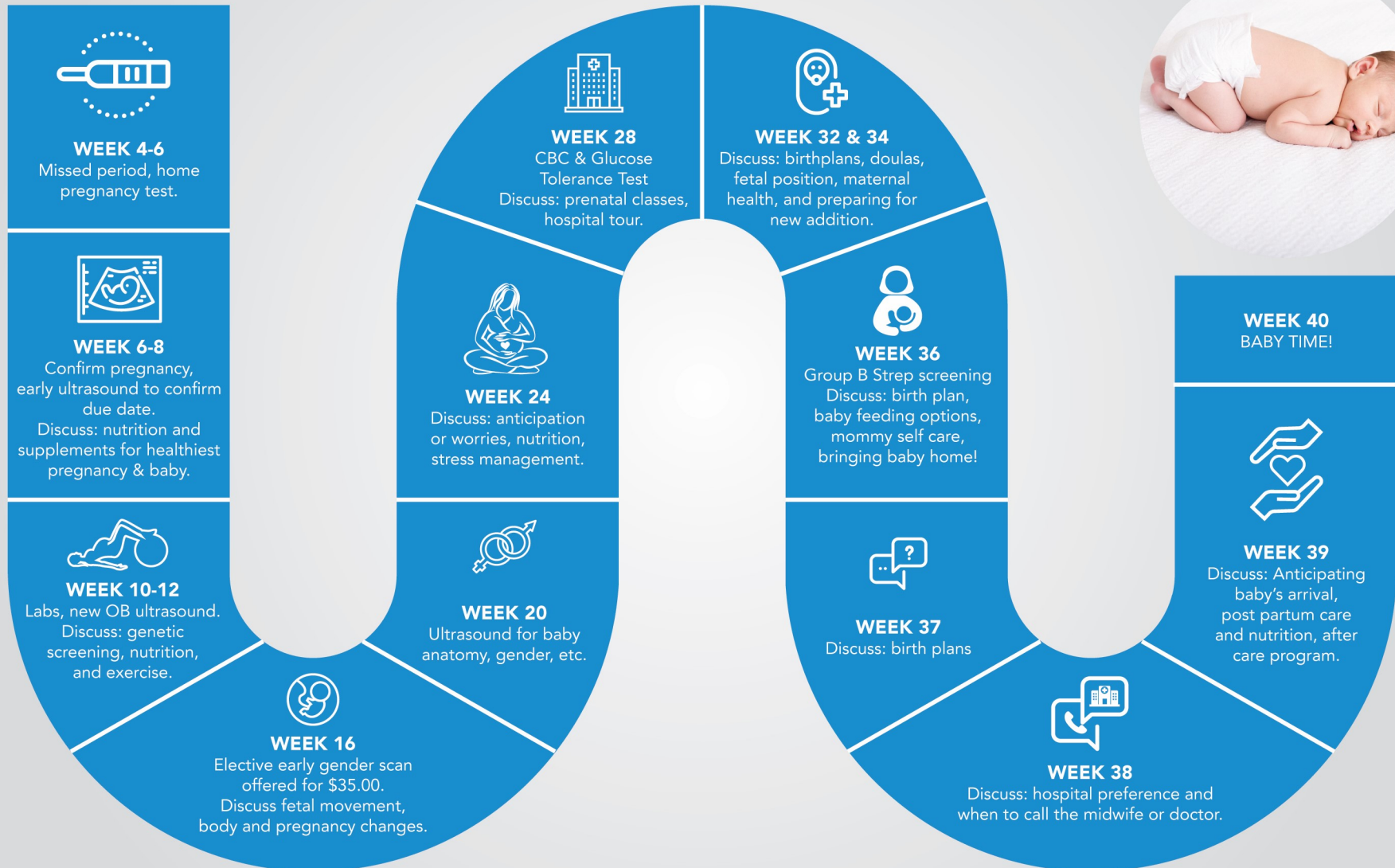


LOW-RISK PREGNANCY JOURNEY MAP



WELCOME TO THE HEALING SANCTUARY

Thank you for choosing us for your pregnancy care. We have two providers who will see you during your pregnancy, Teresa Blair, CNM & Jeffery Baker, MD. This guideline will help you to know what to expect at each visit. Your family is always welcome to join you at any appointment.



*Additional testing or ultrasounds may be ordered. Vaginal exams and urine dips are only done as needed. We monitor your vital signs, fetal heart tones, and well being at every visit. Please keep in mind that your Journey can change with additional monitoring and visits with increased risks in pregnancy.

**You can call the office phone number below at anytime to reach a provider.