

Centering[®]

RESULTS WITH BETTER OUTCOMES

36% REDUCTION IN RISK OF PRETERM BIRTH

44% REDUCTION IN RISK OF LOW BIRTH WEIGHT

63% REDUCTION IN RISK OF NICU ADMISSION

28% REDUCTION IN RISK OF NICU STAY

What Women are saying about CenteringPregnancy[®]

"One of the benefits to me was that someone always asked the question that I didn't think to ask."

"It is an extremely supportive, safe environment."

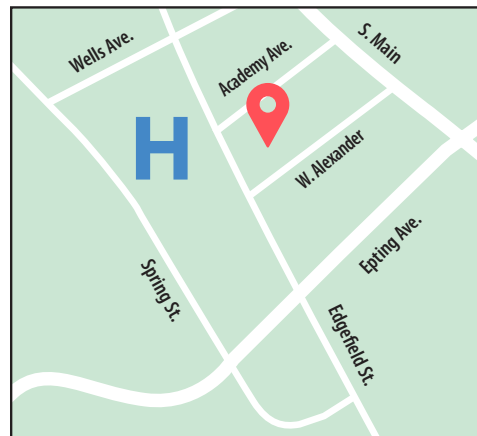
"It is so relaxed. It doesn't feel like a medical visit."

How To Get Started

To learn more about CenteringPregnancy[®], to schedule your initial visit or to speak to our OB Coordinator, call (864) 725-5100.

Location

CenteringPregnancy is located within the Montgomery Center for Family Medicine and is conveniently located at 155 Academy Avenue, Greenwood, S.C.



SELF REGIONAL
HEALTHCARE

MONTGOMERY CENTER
FOR FAMILY MEDICINE

155 Academy Avenue • Greenwood, SC 29646
Office: (864) 725-5100

QSF-MKT-MCFM-0002, Revision level 0, 12/10/19 Current

SELF REGIONAL
HEALTHCARE

MONTGOMERY CENTER
FOR FAMILY MEDICINE



CenteringPregnancy[®]

*Fully accredited through the Centering Healthcare Institute.



CenteringPregnancy® is group prenatal care bringing women due at the same time out of exam rooms and into a comfortable group setting.

Care.
Education.
Support.



Centering Gives You:

Information

Your peer group will meet to discuss many different topics that are crucial when preparing for childbirth. Through group discussion, you will learn about nutrition, breastfeeding, care and feeding of infants, labor and delivery and hospital procedure, and many more topics. Your visit will include a routine prenatal check-up with your provider at each session.



Benefits:

- Reduce the risk of preterm birth
- Feel better prepared for birth experience
- Schedule all appointments in advance
- Schedule life around visits, as you know exactly how long your group appointments will last
- Avoid waiting room time
- Avoid wasted time - groups begin and end on time
- Meet with your same provider during every visit
- Spend more time with your provider, 20 hours average verses 2.5 total hours in traditional prenatal care
- Make new friendships with other mothers and share pregnancy experiences
- Learn of useful resources and tools for yourself and baby through peer support
- Feel empowered to take an active role in your care
- Have a partner/support person attend group sessions
- Receive comprehensive care in one location
- Support each other after babies are born
- Achieve better neonatal birth weights

Support

With the peer group setting, expectant mothers meet others on the same journey to motherhood. They meet other pregnant women with due dates close to theirs and create bonds that can last a lifetime. The group is relaxed and fun. Everyone can share their questions, advice and experiences.



Time

Each group visit lasts about 2 hours with your healthcare provider leading the session, resulting in 10x more time with your provider than women in traditional care. These sessions are scheduled in advance and make planning for work and childcare easier.



“ My doctor and nurse would lead the group on various topics, but it wasn't like a class: it was discussion, a group of pregnant women together on a journey with health care providers investing in our well-being, our health, the health of our babies, and most importantly, giving us a safe environment to learn the facts that would get us to our goals. ”

- CenteringPregnancy Mom