



An Independent Licensee of the Blue Cross and Blue Shield Association

## 2024 Prenatal/Perinatal Care Preventive Health Guidelines

Highmark is committed to promoting and providing quality prenatal/perinatal care in order to ensure the well being of the expectant mother and the unborn child. The following guidelines are to be used in the care of the maternity patient with the understanding that additional services should be rendered based on the special needs of the individual patient.

The Patient Protection and Affordable Care Act (PPACA, P.L. 111-148, March 23, 2010, as amended) requires, among other things, coverage of all A and B Recommendations as promulgated by the United States Preventive Services Task Force (USPSTF). Recommendations can be found at

[https://downloads.aap.org/AAP/PDF/periodicity\\_schedule.pdf?\\_ga=2.123517835.1012687934.1671222549-249991078.1667565696](https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf?_ga=2.123517835.1012687934.1671222549-249991078.1667565696)

and <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations>

Initial Evaluation	Up to Week 28	28 - 36 weeks	36+ weeks
The FIRST VISIT should be within the first 12 weeks of pregnancy.	Patient should be seen every four weeks	Patient should be seen every two to three weeks	Patient should be seen weekly
<p><b>PHYSICAL EXAM SHOULD INCLUDE:</b></p> <ul style="list-style-type: none"> <li>- Nutritional status</li> <li>- Height</li> <li>- Weight</li> <li>- Blood pressure</li> <li>- Exam of head</li> <li>- Thyroid</li> <li>- Breasts</li> <li>- Heart</li> <li>- Lungs</li> <li>- Abdomen</li> <li>- Extremities</li> <li>- Pelvis               <ul style="list-style-type: none"> <li>Uterine size</li> <li>Capacity of pelvis</li> </ul> </li> </ul>	<p><b>PHYSICAL EXAM SHOULD INCLUDE:</b></p> <ul style="list-style-type: none"> <li>- Blood pressure</li> <li>- Weight</li> <li>- Fundal height</li> <li>- Fetal heart rate</li> </ul>	<p><b>PHYSICAL EXAM SHOULD INCLUDE:</b></p> <ul style="list-style-type: none"> <li>- Blood pressure</li> <li>- Weight</li> <li>- Fundal height</li> <li>- Fetal heart rate</li> <li>- Assess for edema</li> </ul> <p><b>Discussion:</b></p> <p>Family Planning Choices</p> <p>First time parents:</p> <p>Choosing the baby's clinician</p> <p>Communication of any relevant information to the baby's clinician</p> <p>Preparing for the arrival of the baby</p> <p>Breast feeding support (during pregnancy and after birth) USPSTF – B Recommendation</p>	<p><b>PHYSICAL EXAM SHOULD INCLUDE:</b></p> <ul style="list-style-type: none"> <li>- Blood pressure</li> <li>- Weight</li> <li>- Fundal height</li> <li>- Fetal heart rate</li> <li>- Assess for edema</li> <li>- Fetal presentation</li> </ul> <p><b>Discussion:</b></p> <p>-Long distance travel is not recommended after 36 weeks.</p>



Initial Evaluation	Up to Week 28	28 - 36 weeks	36 + weeks
<p>Maternal age  Vaginal bleeding  Urinary infections  Exposure to radiation and chemicals  Use of alcohol - USPSTF recommends screening and behavioral counseling interventions to reduce alcohol misuse by pregnant women at the time of the physical exam. USPSTF - B  Recommendation</p> <ul style="list-style-type: none"> <li>Pregnant women: The USPSTF recommends that clinicians ask all pregnant women about tobacco use, advise them to stop using tobacco, and provide behavioral interventions for cessation to pregnant women who use tobacco. A Recommendation 2015</li> </ul> <p>Sexual history and discussion of HIV  Asthma</p> <ul style="list-style-type: none"> <li>- Medications</li> <li>- Herbs and supplements</li> <li>- Drug sensitivity</li> <li>- Allergies</li> <li>- Past surgeries</li> <li>- Blood transfusions</li> <li>- Diabetes and other metabolic diseases</li> <li>- Vascular problems</li> <li>- Hypertension</li> <li>- Sexually transmitted diseases, including syphilis and genital herpes</li> <li>- Convulsive disorders</li> <li>- Gynecologic abnormalities</li> <li>- Serious injuries</li> <li>- Environmental and occupational exposures</li> </ul>			

Initial Evaluation	Up to Week 28	28 - 36 weeks	36 + weeks
<p>- Immunity and immunization status, including influenza immunization for the patient who will be pregnant during the flu season. (CDC 2006)</p> <p>- Health-care personnel should administer a dose of Tdap during each pregnancy irrespective of the patient's prior history of receiving Tdap. (CDC 2012)</p> <p>-Discussion of domestic violence</p> <p>-Discussion of benefits of breastfeeding</p> <p>-Discussion of preventing CMV (cytomegalovirus)</p> <p>-Counseling for Dental and Periodontal Disease</p> <p>Note: Extra cleaning for pregnant members who have Concordia (UCCI) coverage.</p> <p>The USPSTF recommends the use of low-dose aspirin (81 mg/day) as preventive medication after 12 weeks of gestation in women who are at high risk for preeclampsia. B Recommendation</p> <p>The USPSTF recommends screening for depression in the general adult population, including pregnant and postpartum women. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up. B Recommendation 2016</p> <p>Bright Futures – screening postpartum during pediatrician visits – frequency per Bright Futures chart 2018</p> <p>The USPSTF recommends that clinicians provide or refer pregnant and postpartum persons who are at increased risk of perinatal depression to counseling interventions. 2019 B Recommendation</p>			

Initial Evaluation	Up to Week 28	28 - 36 weeks	36 + weeks
<p>The USPSTF recommends screening for preeclampsia in pregnant women with blood pressure (BP) measurements throughout pregnancy. B Recommendation 2017</p> <p>The USPSTF recommends that all women who are planning or capable of pregnancy take a daily supplement containing 0.4 to 0.8 mg (400 to 800 µg) of folic acid. A Recommendation. 2017</p> <p>The USPSTF recommends that clinicians offer pregnant persons effective behavioral counseling interventions aimed at promoting healthy weight gain and preventing excess gestational weight gain in pregnancy. B Recommendation. May 2021</p>			

Initial Evaluation	Up to Week 28	28 - 36 weeks	36+ weeks
<p><b>LAB TESTS</b></p> <ul style="list-style-type: none"> <li>-The USPSTF recommends screening for gestational diabetes mellitus (GDM) in asymptomatic pregnant women after 24 weeks of gestation. B Recommendation (USPSTF 2014 Update)</li> <li>- The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of screening for iron deficiency anemia in pregnant women to prevent adverse maternal health and birth outcomes. I Recommendation (2015 update)</li> <li>- The USPSTF recommends screening for asymptomatic bacteriuria using urine culture in pregnant persons. B Recommendation 2019 update</li> <li>- Blood group <ul style="list-style-type: none"> <li>- Rh type - USPSTF strongly recommends Rh (D) blood typing and antibody testing for all pregnant women during their first visit for pregnancy-related care. USPSTF – A Recommendation</li> </ul> </li> <li>USPSTF also recommends repeated Rh (D) antibody testing for all unsensitized Rh (D)-negative women at 24-28 weeks' gestation, unless the biological father is known to be Rh (D)-negative. USPSTF – B Recommendation</li> <li>- Rubella antibody titer</li> <li>- Syphilis screen. USPSTF – A Recommendation</li> <li>- Cervical cytology</li> <li>- The USPSTF recommends screening for hepatitis B virus (HBV) infection in pregnant women at their first prenatal visit. A recommendation updated July 2019.</li> <li>-Ultrasound at 16 - 20 weeks gestation, as indicated-</li> </ul>	<p><b>LAB TESTS</b></p> <ul style="list-style-type: none"> <li>- Between weeks 24 - 28, patient should be tested for gestational diabetes as indicated-</li> <li>- Urine dip stick for protein and glucose.</li> </ul>	<p><b>LAB TESTS</b></p> <p>Urine dipstick for protein and glucose. At week 28</p> <ul style="list-style-type: none"> <li>-- Repeat antibody test if unsensitized, RH negative, and prophylactic Rho(D) immunoglobulin should be given</li> </ul>	<p><b>LAB TESTS</b></p> <ul style="list-style-type: none"> <li>- Urine dipstick for protein and glucose.</li> <li>- Group B Strep screen (35-37 weeks)</li> <li>- As indicated for high risk factors: <ul style="list-style-type: none"> <li>Gonorrhea screen</li> <li>Chlamydia screen</li> <li>Repeat syphilis screen</li> <li>Repeat HIV screen</li> </ul> </li> </ul>

Initial Evaluation	Up to Week 28	28 - 36 weeks	36+ weeks
<ul style="list-style-type: none"> <li>-Chlamydia Routinely screening for all pregnant women aged 24 and younger and for older pregnant women at risk. USPSTF - B Recommendation</li> <li>-Gonorrhea if at high risk of infection. USPSTF – B Recommendation</li>   <li>- The USPSTF recommends that clinicians screen for HIV infection in all pregnant persons, including those who present in labor or at delivery whose HIV status is unknown. A recommendation updated June 2019.</li>   <li>- Multiple Marker Screening</li> <li>- Discussion of prenatal screening to determine anatomic and chromosomal abnormalities</li> <li>-Offer Cystic Fibrosis screening</li>   <li><b><i>Additional lab tests and services to be conducted based on history (This list is not all-inclusive )</i></b></li> <li>- Screening for diabetes “as indicated”</li> <li>- Examination for sickle cell</li> <li>- Skin test for tuberculosis</li> <li>- Urine drug screen</li> <li>- Annual Influenza vaccine as indicated by the CDC</li> </ul>			

Time of Delivery	Post-partum
<p><b>LAB TESTS</b></p> <ul style="list-style-type: none"> <li>- Hemoglobin and hematocrit, type and screen when indicated</li> <li>- Urine drug screen, as indicated, at time of presentation for delivery to advise the pediatrician of positive results</li> <li>- Syphilis screen at delivery, if no prenatal care</li> <li>- Hepatitis B surface antigen screen, if no prenatal care</li> <li>- Entire screen, if no prenatal care</li> </ul> <p><b>IMMUNIZATION</b></p> <ul style="list-style-type: none"> <li>- Immunization against rubella (MMR), if indicated,-at time of discharge after delivery.</li> <li>- Administration of Rho(D) immunoglobulin if indicated, at time of discharge after delivery.</li> <li>-Varicella, at time of discharge after delivery, (only if there is no provider documented history of chickenpox or a negative antibody titre for past infection)</li> </ul>	<p>Visit 4 - 6 weeks after delivery</p> <p><b>VISIT SHOULD INCLUDE:</b></p> <ul style="list-style-type: none"> <li>● <i>Interval history</i></li> <li>● <i>Physical Exam</i> <ul style="list-style-type: none"> <li>Breasts</li> <li>Abdomen</li> <li>External and internal genitalia</li> <li>Discussion of Pap smear follow-up as indicated</li> </ul> </li> <li>● Review of family planning/birth control methods.</li> <li>● Screen for depression: Bright Futures – screening postpartum during pediatrician visits – frequency per Bright Futures chart 2018</li> <li>● Screen for domestic violence</li> </ul> <p><b>IMMUNIZATION</b></p> <p>Recommend Varicella (only if there is no provider documented history of chickenpox or a negative antibody titre for past infection) Hepatitis B, vaccines if indicated.</p> <p>Human papillomavirus vaccine, if appropriate, per FDA recommendations.</p>





## References

1. The American College of Obstetricians and Gynecologists (2010). *ACOG's Antepartum Record*, Washington, DC.
2. Guidelines for Perinatal Care, 5th edition, American Academy of Pediatrics and the American College of Obstetricians and Gynecologists, October 2002.
3. American Diabetes Association Clinical Practice Recommendations 2003. *Gestational Diabetes*, *Diabetes Care*, Volume 26: Supplement 1, 2003,
4. American Academy of Pediatrics (2005). [Breastfeeding and the Use of Human Milk](http://aappolicy.aappublications.org/cgi/content/full/pediatrics;115/2/496), *Pediatrics*, February 7, 2005, <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;115/2/496> This is a revision to the article PEDIATRICS Vol. 115 No. 2 February 2005, pp. 496-506 (doi:10.1542/peds.2004-2491).
5. <http://www.acog.org/> The American College of Obstetricians and Gynecologists
6. <http://www.aafp.org/> American Academy of Family Practice
7. [www.cdc.gov](http://www.cdc.gov) CDC (2008)
8. <http://www.uspreventiveservicestaskforce.org/uspsttopics.htm>