



Pregnancy  
Rewards  
Provider Toolkit

Ohio



[MolinaHealthcare.com](http://MolinaHealthcare.com)



Your Extended Family.

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# Pregnancy Rewards

## Program Overview

### Program Overview

The main focus of the Pregnancy Rewards Program is to identify pregnant women and help motivate them to complete necessary preventive exams and screenings for improved health outcomes for themselves and their new baby. Below is an outline of the rewards program for our new moms.

Please note Pregnancy Rewards does not replace or interfere with the member's physician assessment and care nor does it deviate from the Motherhood Matters<sup>fi</sup> program.

<b>Rewards for New Mom</b>	<b>What member has to do to earn reward</b>
<b>\$50 gift card</b>	Existing Molina Members must complete their 1 <sup>st</sup> prenatal visit within their first trimester. Newly enrolled Molina Members must complete their 1 <sup>st</sup> prenatal visit within 42 days of joining Molina Healthcare.
<b>\$25 gift card</b>	Molina Members must complete one prenatal visit during their 2 <sup>nd</sup> trimester (13-24 weeks pregnant).
<b>\$50 gift card</b>	Molina Member must complete postpartum exam between 21-56 days after they deliver their baby (does not include visit to remove staples from a C-Section).

**\*\*ONLY Medicaid Molina members are eligible to participate in Pregnancy Rewards.**

# General HEDIS® Tips to Improve Scores

- **Work with Molina Healthcare** – we are your partners in care and would like to assist you in improving your HEDIS® scores.
- **Use HEDIS® specific billing codes when appropriate.** This will help reduce the number of medical records we are required to review in your office. We have tip reference guides on what codes are needed for HEDIS®.
- **Use HEDIS® Needed Services Lists** that Molina Healthcare provides to identify patients who have gaps in care. If a patient calls for a sick visit, see if there are other needed services (e.g., well care visits, preventive care services). Keep the needed services list by the receptionist's phone so the appropriate amount of time can be scheduled for all needed services when patients call for a sick visit.
- **Avoid missed opportunities.** Many patients may not return to the office for preventive care so make every visit count. Schedule follow-up visits before patients leave.
- **Improve office management processes and flow.** Review and evaluate appointment hours, access, and scheduling processes, billing and office/patient flow. We can help to streamline processes.
  - Review the next day's schedule at the end of each day.
  - Ensure the appropriate test equipment or specific employees are available for patient screenings or procedures.
  - Call patients 48 hours before their appointments to remind them about their appointment and anything they will need to bring. Ask them to make a commitment that they will be there. This will reduce no-show rates.
  - Train staff to manage routine questions from patients and to educate patients regarding tests and screenings that are due.
  - Use non-physicians for items that can be delegated. Also have them prepare the room for items needed.
  - Consider using an agenda setting tool to elicit patient's key concerns by asking them to prioritize their goals and questions. Molina Healthcare has a sample tool that you can use.
  - Provide an after visit summary to ensure patients understand what they need to do. This improves the patient's perception that there is good communication with their provider.
- **Take advantage of your EMR.** If you have an EMR, try to build care gap "alerts" within the system.

# HEDIS® Tips:

## Prenatal Care – Timeliness

### MEASURE DESCRIPTION

Prenatal care visit in the first trimester or within 42 days of enrollment. *Prenatal care visit, where the practitioner type is an OB/GYN or other prenatal care practitioner or PCP\*, with one of these:*

- Basic physical obstetrical exam that includes auscultation for fetal heart tone, or pelvic exam with obstetric observations, or measurement of fundus height (a standardized prenatal flow sheet may be used)
- Obstetric panel
- Ultrasound of pregnant uterus
- Pregnancy-related diagnosis code (For visits to a PCP, a diagnosis of pregnancy must be present)
- TORCH antibody panel (Toxoplasma, Rubella, Cytomegalovirus, and Herpes simplex testing)
- Rubella antibody test/titer with an Rh incompatibility (ABO/Rh) blood typing (e.g., a prenatal visit with rubella and ABO, a prenatal visit with rubella and Rh, or a prenatal visit with rubella and ABO/Rh)
- Documented LMP or EDD with either a completed obstetric history or prenatal risk assessment and counseling/education

\* For visits to a PCP, a diagnosis of pregnancy must be present along with any of the above.

### USING CORRECT BILLING CODES

Please note that global billing or bundling codes do not provide specific date information to count towards this measure.

Description	Codes
Prenatal Care Visits	<b>CPT:</b> 99201-99205, 99211-99215, 99241-99245 <b>CPT II:</b> 0500F, 0501F, 0502F <b>HCPCS:</b> H1000-H1004, T1015, G0463 <b>UB Rev:</b> 0514
Obstetric Panel	<b>CPT:</b> 80055, 80081
Prenatal Ultrasound	<b>CPT:</b> 76801, 76805, 76811, 76813, 76815-76821, 76825-76828 <b>ICD-10 PCS:</b> BY49ZZZ, BY4BZZZ, BY4CZZZ, BY4DZZZ, BY4FZZZ, BY4GZZZ
ABO and Rh	<b>CPT (ABO):</b> 86900 <b>CPT (Rh):</b> 86901
TORCH	<b>CPT (Toxoplasma):</b> 86777, 86778 <b>CPT (Rubella):</b> 86762 <b>CPT (Cytomegalovirus):</b> 86644 <b>CPT (Herpes Simplex):</b> 86694, 86695, 86696
Pregnancy Diagnosis (for PCP, use these codes and one of the codes above)	<b>ICD-10:</b> O09-O16, O20-O26, O28-O36, O40-O48, O60.0, O71, O88, O91, O92, O98, O99, O9A, Z03.7, Z33, Z34, Z36

### HOW TO IMPROVE HEDIS® SCORES

- Schedule prenatal care visits starting in the first trimester or within 42 days of enrollment.
- Ask front office staff to prioritize new pregnant patients and ensure prompt appointments for any patient calling for a pregnancy visit to make sure the appointment is in the first trimester or within 42 days of enrollment.
- Have a direct referral process to OB/GYN in place.
- Complete and submit Molina's pregnancy notification as soon as a pregnancy diagnosis is confirmed.
- Refer Molina patients to our Motherhood Matters® program.

# HEDIS® Tips:

## Frequency of Ongoing Prenatal Care

### MEASURE DESCRIPTION

The percentage of deliveries that had 81 percent or more of expected visits. The percentage is adjusted by the month of pregnancy at the time of enrollment and gestational age. A full 42 week gestational pregnancy is expected to have 16 prenatal care visits.

### USING CORRECT BILLING CODES

Please note that global billing or bundling codes do not provide specific date information to count towards this measure. Please consider not using global billing or bundling codes.

#### Codes to Identify Prenatal Care Visits

Description	Codes
Prenatal Care Visits	<b>CPT:</b> 99201-99205, 99211-99215, 99241-99245 <b>CPT II:</b> 0500F, 0501F, 0502F <b>HCPCS:</b> H1000-H1004, T1015, G0463 <b>UB Rev:</b> 0514
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Pregnancy Diagnosis (for PCP, use these codes and one of the codes above)	<b>ICD-10:</b> O09-O16, O20-O26, O28-O36, O40-O48, O60.0, O71, O88, O91, O92, O98, O99, O9A, Z03.7, Z33, Z34, Z36

### HOW TO IMPROVE HEDIS® SCORES

- Document physical OB findings (i.e., fetal heart tones, fundal height, pelvic with OB observations).
- Schedule prenatal care visits starting in the first trimester or within 42 days of enrollment.
- Ask front office staff to prioritize new pregnant patients and ensure prompt appointments for any patient calling for a pregnancy visit to make sure the appointment is in the first trimester or within 42 days of enrollment.
- Have a direct referral process to OB/GYN in place.
- Emphasize to patients the importance of continued monitoring throughout pregnancy to minimize pregnancy problems. Visit schedule should be every 4 weeks for the first 28 weeks of pregnancy, every 2-3 weeks for the next 7 weeks, and weekly thereafter until delivery.
- Refer Molina patients to our Motherhood Matters® program

# HEDIS® Tips:

## Postpartum Care

### MEASURE DESCRIPTION

Postpartum visit for a pelvic exam or postpartum care with an OB/GYN practitioner or midwife, family practitioner or other PCP on or between 21 and 56 days after delivery. A Pap test within 21-56 days after delivery also counts.

Documentation in the medical record must include a note with the date when the postpartum visit occurred and one of the following:

- Pelvic exam, or
- Evaluation of weight, BP, breast and abdomen, or
- Notation of “postpartum care”, PP check, PP care, 6-week check, or pre-printed “Postpartum Care” form in which information was documented during the visit

### USING CORRECT BILLING CODES

Please note that global billing or bundling codes do not provide specific date information to count towards this measure.

#### Codes to Identify Postpartum Visits

Description	Codes
Postpartum Visit	<b>CPT:</b> 57170, 58300, 59430 <b>CPT II:</b> 0503F <b>HCPCS:</b> G0101 <b>ICD-10-CM Diagnosis:</b> Z01.411, Z01.419,Z01.42, Z30.430, Z39.1, Z39.2

#### Codes to Identify Cervical Cytology

Description	Codes
Cervical Cytology	<b>CPT:</b> 88141-88143, 88147, 88148, 88150, 88152-88154, 88164-88167, 88174, 88175 <b>HCPCS:</b> G0123, G0124, G0141, G0143-G0145, G0147, G0148, P3000, P3001, Q0091 <b>UB Rev:</b> 0923

### HOW TO IMPROVE HEDIS® SCORES

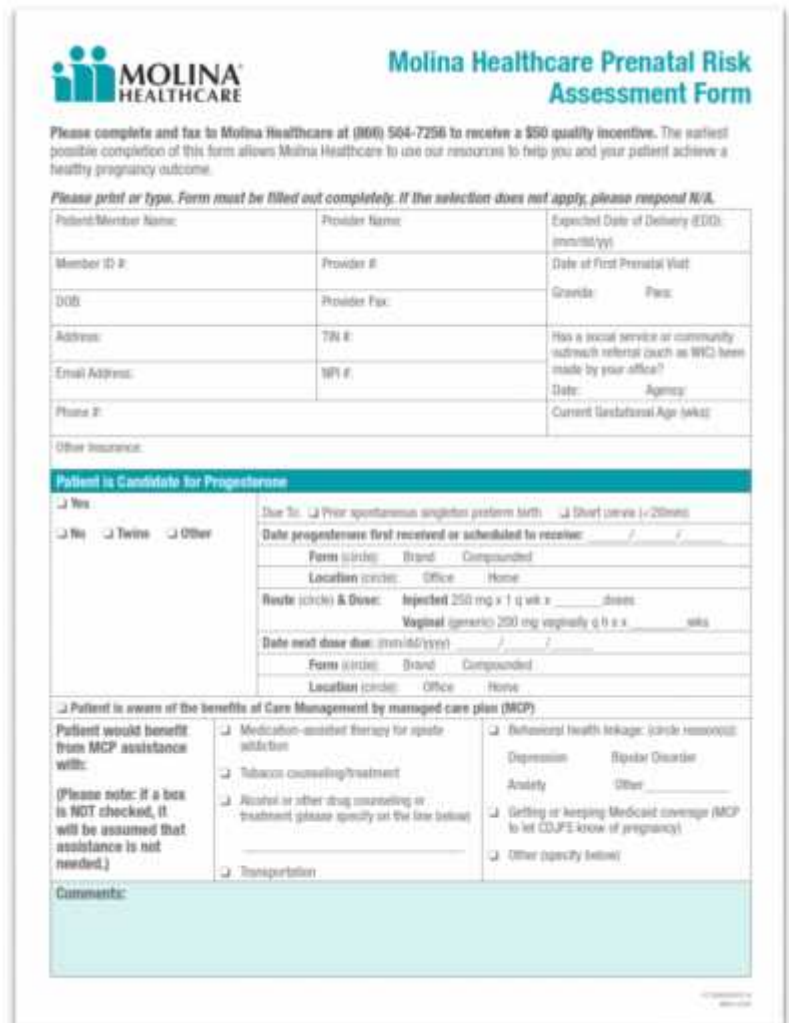
- Schedule your patient for a postpartum visit within 21 to 56 days from delivery (please note that staple removal following a cesarean section does not count as a postpartum visit for HEDIS®).
- Use the postpartum calendar tool from Molina to ensure the visit is within the correct time frames.

# Notify Molina when a Member is Pregnant

Complete a **P**regnancy **R**isk **A**ssessment **F**orm (PRAF) on each newly identified pregnant patient.

***PRAF MUST be billed with HCPCS code H1000 at the time of service.***

Forms should be completed in the 1st Trimester or within 42 days of your patient enrolling with Molina.



**MOLINA HEALTHCARE** Molina Healthcare Prenatal Risk Assessment Form

Please complete and fax to Molina Healthcare at (866) 504-7256 to receive a \$50 quality incentive. The earliest possible completion of this form allows Molina Healthcare to use our resources to help you and your patient achieve a healthy pregnancy outcome.

Please print or type. Form must be filled out completely. If the selection does not apply, please respond N/A.

Patient/Member Name:	Provider Name:	Expected Date of Delivery (EDD): (mm/dd/yyyy)
Member ID #:	Provider #:	Date of First Prenatal Visit:
DOB:	Provider Fax:	Gravida: Para:
Address:	TIN #:	Has a social service or community outreach referral (such as WIC) been made by your office?
Email Address:	NPI #:	Date: Agency:
Phone #:		Current Gestational Age (WKG):

Other insurance:

**Patient is Candidate for Progesterone**

Yes  No  Twins  Other

Due to:  Prior spontaneous singleton preterm birth  Short cervix (<25mm)

Date progesterone first received or scheduled to receive: / /

Form (circle): Brand: Compounded:

Location (circle): Office Home

Route (circle) & Dose: Injected 250 mg x 1 q wk x doses

Vaginal (generic) 200 mg vaginally q 8 x wks

Date next dose due: (mm/dd/yyyy) / /

Form (circle): Brand: Compounded:

Location (circle): Office Home

Patient is aware of the benefits of Care Management by managed care plan (MCP)

Patient would benefit from MCP assistance with:

(Please note: if a box is NOT checked, it will be assumed that assistance is not needed.)

- Medication-assisted therapy for opiate addiction
- Tobacco counseling/treatment
- Alcohol or other drug counseling or treatment (please specify on the line below)
- Transportation

Behavioral health linkage: (circle resources):

Depression Bipolar Disorder

Anxiety Other \_\_\_\_\_

Getting or keeping Medicaid coverage (MCP to let COJPS know of pregnancy)

Other (specify below)

Comments:

***Fax PRAF to: (866) 504-7256***

*If you have questions, please contact Providers Services at (855) 322-4079. A representative will be able to assist you from 8 a.m. to 5 p.m. Monday through Friday.*





# Molina Healthcare Prenatal Risk Assessment Form

Please complete and fax to Molina Healthcare at (866) 504-7256 to receive a \$50 quality incentive. The earliest possible completion of this form allows Molina Healthcare to use our resources to help you and your patient achieve a healthy pregnancy outcome.

**Please print or type. Form must be filled out completely. If the selection does not apply, please respond N/A.**

Patient/Member Name:	Provider Name:	Expected Date of Delivery (EDD): (mm/dd/yy)
Member ID #:	Provider #:	Date of First Prenatal Visit:
DOB:	Provider Fax:	Gravida:          Para:
Address:	TIN #:	Has a social service or community outreach referral (such as WIC) been made by your office? Date:          Agency:
Email Address:	NPI #:	
Phone #:		Current Gestational Age (wks):

Other Insurance:

### Patient is Candidate for Progesterone

<input type="checkbox"/> Yes  <input type="checkbox"/> No <input type="checkbox"/> Twins <input type="checkbox"/> Other	Due To: <input type="checkbox"/> Prior spontaneous singleton preterm birth <input type="checkbox"/> Short cervix (<20mm)
	<b>Date progesterone first received or scheduled to receive:</b> _____/_____/_____
	<b>Form</b> (circle):    Brand    Compounded
	<b>Location</b> (circle):    Office    Home
	<b>Route</b> (circle) & Dose: <b>Injected</b> 250 mg x 1 q wk x _____ doses <b>Vaginal</b> (generic) 200 mg vaginally q h s x _____ wks
	<b>Date next dose due:</b> (mm/dd/yyyy) _____/_____/_____
	<b>Form</b> (circle):    Brand    Compounded
	<b>Location</b> (circle):    Office    Home

### Patient is aware of the benefits of Care Management by managed care plan (MCP)

<b>Patient would benefit from MCP assistance with:</b>  <b>(Please note: if a box is NOT checked, it will be assumed that assistance is not needed.)</b>	<input type="checkbox"/> Medication-assisted therapy for opiate addiction <input type="checkbox"/> Tobacco counseling/treatment <input type="checkbox"/> Alcohol or other drug counseling or treatment (please specify on the line below) _____ <input type="checkbox"/> Transportation	<input type="checkbox"/> Behavioral health linkage: (circle reason(s)): Depression          Bipolar Disorder Anxiety                  Other _____ <input type="checkbox"/> Getting or keeping Medicaid coverage (MCP to let CDJFS know of pregnancy) <input type="checkbox"/> Other (specify below)
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**Comments:**



# Molina Healthcare Prenatal Risk Assessment Form

## Instructions (Do Not Fax This Page)

*For all Molina Healthcare patients seen in your facilities, please completely fill out this form and fax to Molina Healthcare.*

### Reimbursement Instructions

1. Bill for the completion of this form on the CMS 1500 (837P).
2. Use HCPCS code H1000.
3. Submit within the first trimester or within 42 days of new enrollment to receive a \$50 quality incentive.

### The information on this form will be used to:

- Notify the County Department of Job and Family Services (CDJFS) of those at risk of losing coverage.
- Reduce the time it takes to get progesterone to your patient.
- Prioritize patient needs for Care Management activities.
- Ensure that Molina Healthcare has the most up-to-date contact information to provide your patient with the services she needs.

If you have questions, please contact Provider Services at (855) 322-4079. A representative will be available to assist you from 8 a.m. to 5 p.m Monday through Friday.

# Edinburgh Postnatal Depression Scale<sup>1</sup> (EPDS)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Your Date of Birth: \_\_\_\_\_

\_\_\_\_\_

Baby's Date of Birth: \_\_\_\_\_

Phone: \_\_\_\_\_

---

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today.

Here is an example, already completed.

I have felt happy:

- Yes, all the time
- Yes, most of the time      This would mean: "I have felt happy most of the time" during the past week.
- No, not very often      Please complete the other questions in the same way.
- No, not at all

In the past 7 days:

- |   |   |
|---|---|
| 1. I have been able to laugh and see the funny side of things | *6. Things have been getting on top of me   |
| <input type="checkbox"/> As much as I always could            | <input type="checkbox"/> Yes, most of the time I haven't been able to cope at all |
| <input type="checkbox"/> Not quite so much now                | <input type="checkbox"/> Yes, sometimes I haven't been coping as well as usual    |
| <input type="checkbox"/> Definitely not so much now           | <input type="checkbox"/> No, most of the time I have coped quite well             |
| <input type="checkbox"/> Not at all                           | <input type="checkbox"/> No, I have been coping as well as ever                   |
| 2. I have looked forward with enjoyment to things             | *7. I have been so unhappy that I have had difficulty sleeping                    |
| <input type="checkbox"/> As much as I ever did                | <input type="checkbox"/> Yes, most of the time                                    |
| <input type="checkbox"/> Rather less than I used to           | <input type="checkbox"/> Yes, sometimes   |
| <input type="checkbox"/> Definitely less than I used to       | <input type="checkbox"/> Not very often   |
| <input type="checkbox"/> Hardly at all                        | <input type="checkbox"/> No, not at all   |
| *3. I have blamed myself unnecessarily when things went wrong | *8. I have felt sad or miserable  |
| <input type="checkbox"/> Yes, most of the time                | <input type="checkbox"/> Yes, most of the time                                    |
| <input type="checkbox"/> Yes, some of the time                | <input type="checkbox"/> Yes, quite often   |
| <input type="checkbox"/> Not very often                       | <input type="checkbox"/> Not very often   |
| <input type="checkbox"/> No, never                            | <input type="checkbox"/> No, not at all   |
| 4. I have been anxious or worried for no good reason          | *9. I have been so unhappy that I have been crying                                |
| <input type="checkbox"/> No, not at all                       | <input type="checkbox"/> Yes, most of the time                                    |
| <input type="checkbox"/> Hardly ever                          | <input type="checkbox"/> Yes, quite often   |
| <input type="checkbox"/> Yes, sometimes                       | <input type="checkbox"/> Only occasionally  |
| <input type="checkbox"/> Yes, very often                      | <input type="checkbox"/> No, never  |
| *5. I have felt scared or panicky for no very good reason     | *10. The thought of harming myself has occurred to me                             |
| <input type="checkbox"/> Yes, quite a lot                     | <input type="checkbox"/> Yes, quite often   |
| <input type="checkbox"/> Yes, sometimes                       | <input type="checkbox"/> Sometimes  |
| <input type="checkbox"/> No, not much                         | <input type="checkbox"/> Hardly ever  |
| <input type="checkbox"/> No, not at all                       | <input type="checkbox"/> Never  |

Administered/Reviewed by \_\_\_\_\_ Date \_\_\_\_\_

<sup>1</sup>Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry* 150:782-786 .

<sup>2</sup>Source: K. L. Wisner, B. L. Parry, C. M. Piontek, Postpartum Depression N Engl J Med vol. 347, No 3, July 18, 2002, 194-199

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# Edinburgh Postnatal Depression Scale<sup>1</sup> (EPDS)

Postpartum depression is the most common complication of childbearing.<sup>2</sup> The 10-question Edinburgh Postnatal Depression Scale (EPDS) is a valuable and efficient way of identifying patients at risk for “perinatal” depression. The EPDS is easy to administer and has proven to be an effective screening tool.

Mothers who score above 13 are likely to be suffering from a depressive illness of varying severity. The EPDS score should not override clinical judgment. A careful clinical assessment should be carried out to confirm the diagnosis. The scale indicates how the mother has felt **during the previous week**. In doubtful cases it may be useful to repeat the tool after 2 weeks. The scale will not detect mothers with anxiety neuroses, phobias or personality disorders.

Women with postpartum depression need not feel alone. They may find useful information on the web sites of the National Women’s Health Information Center <[www.4women.gov](http://www.4women.gov)> and from groups such as Postpartum Support International <[www.chss.iup.edu/postpartum](http://www.chss.iup.edu/postpartum)> and Depression after Delivery <[www.depressionafterdelivery.com](http://www.depressionafterdelivery.com)>.

## SCORING

### QUESTIONS 1, 2, & 4 (without an \*)

Are scored 0, 1, 2 or 3 with top box scored as 0 and the bottom box scored as 3.

### QUESTIONS 3, 5-10 (marked with an \*)

Are reverse scored, with the top box scored as a 3 and the bottom box scored as 0.

Maximum score: 30  
Possible Depression: 10 or greater  
Always look at item 10 (suicidal thoughts)

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## Instructions for using the Edinburgh Postnatal Depression Scale:

1. The mother is asked to check the response that comes closest to how she has been feeling in the previous 7 days.
2. All the items must be completed.
3. Care should be taken to avoid the possibility of the mother discussing her answers with others. (Answers come from the mother or pregnant woman.)
4. The mother should complete the scale herself, unless she has limited English or has difficulty with reading.

<sup>1</sup>Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry* 150:782-786.

<sup>2</sup>Source: K. L. Wisner, B. L. Parry, C. M. Piontek, Postpartum Depression N Engl J Med vol. 347, No 3, July 18, 2002, 194-199

# Escala Edinburgh para la Depresión Postnatal (Spanish Version)

Nombre de participante: \_\_\_\_\_ Número de identificación de participante: \_\_\_\_\_

Fecha: \_\_\_\_\_

Como usted está embarazada o hace poco que tuvo un bebé, nos gustaría saber como se siente actualmente. Por favor MARQUE (✓) la respuesta que más se acerca a como se ha sentido durante LOS ÚLTIMOS 7 DÍAS y no sólo como se ha sentido hoy.

A continuación se muestra un ejemplo completado:

Me he sentido feliz:

Sí, todo el tiempo \_\_\_\_\_ 0

Sí, la mayor parte del tiempo  1

No, no muy a menudo \_\_\_\_\_ 2

No, en absoluto \_\_\_\_\_ 3

*Esto significa: "Me he sentido feliz la mayor parte del tiempo" durante la última semana. Por favor complete las otras preguntas de la misma manera.*

1. He podido reír y ver el lado bueno de las cosas:  
Tanto como siempre he podido hacerlo \_\_\_\_\_ 0  
No tanto ahora \_\_\_\_\_ 1  
Sin duda, mucho menos ahora \_\_\_\_\_ 2  
No, en absoluto \_\_\_\_\_ 3

2. He mirado al futuro con placer para hacer cosas:  
Tanto como siempre \_\_\_\_\_ 0  
Algo menos de lo que solía hacerlo \_\_\_\_\_ 1  
Definitivamente menos de lo que solía hacerlo \_\_\_\_\_ 2  
Prácticamente nunca \_\_\_\_\_ 3

3. Me he culpado sin necesidad cuando las cosas marchaban mal:  
Sí, casi siempre \_\_\_\_\_ 3  
Sí, algunas veces \_\_\_\_\_ 2  
No muy a menudo \_\_\_\_\_ 1  
No, nunca \_\_\_\_\_ 0

4. He estado ansiosa y preocupada sin motivo alguno:  
No, en absoluto \_\_\_\_\_ 0  
Casi nada \_\_\_\_\_ 1  
Sí, a veces \_\_\_\_\_ 2  
Sí, muy a menudo \_\_\_\_\_ 3

5. He sentido miedo o pánico sin motivo alguno:  
Sí, bastante \_\_\_\_\_ 3  
Sí, a veces \_\_\_\_\_ 2  
No, no mucho \_\_\_\_\_ 1  
No, en absoluto \_\_\_\_\_ 0

6. Las cosas me oprimen o agobian:  
Sí, la mayor parte del tiempo no he podido sobrellevarlas \_\_\_\_\_ 3  
Sí, a veces no he podido sobrellevarlas de la manera \_\_\_\_\_ 2  
No, la mayoría de las veces he podido sobrellevarlas bastante bien \_\_\_\_\_ 1  
No, he podido sobrellevarlas tan bien como lo hecho siempre \_\_\_\_\_ 0

7. Me he sentido tan infeliz, que he tenido dificultad para dormir:  
Sí, casi siempre \_\_\_\_\_ 3  
Sí, a veces \_\_\_\_\_ 2  
No muy a menudo \_\_\_\_\_ 1  
No, en absoluto \_\_\_\_\_ 0

8. Me he sentido triste y desgraciada:  
Sí, casi siempre \_\_\_\_\_ 3  
Sí, bastante a menudo \_\_\_\_\_ 2  
No muy a menudo \_\_\_\_\_ 1  
No, en absoluto \_\_\_\_\_ 0

9. Me he sentido tan infeliz que he estado llorando:  
Sí, casi siempre \_\_\_\_\_ 3  
Sí, bastante a menudo \_\_\_\_\_ 2  
Ocasionalmente \_\_\_\_\_ 1  
No, nunca \_\_\_\_\_ 0

10. He pensado en hacerme daño:  
Sí, bastante a menudo \_\_\_\_\_ 3  
A veces \_\_\_\_\_ 2  
Casi nunca \_\_\_\_\_ 1  
No, nunca \_\_\_\_\_ 0

# Edinburgh Postnatal Depression Scale (EPDS) Scoring & Other Information

## ABOUT THE EPDS

Response categories are scored 0, 1, 2 and 3 according to increased severity of the symptom. Items 3, 5-10 are reverse scored (i.e., 3, 2, 1, and 0). The total score is calculated by adding together the scores for each of the ten items. Users may reproduce the scale without further permission providing they respect copyright (which remains with the *British Journal of Psychiatry*) quoting the names of the authors, the title and the source of the paper in all reproduced copies.

The Edinburgh Postnatal Depression Scale (EPDS) was developed to assist primary care health professionals in detecting mothers suffering from postpartum depression (PPD); a distressing disorder more prolonged than the “blues” (which occur in the first week after delivery), but less severe than puerperal psychosis.

Previous studies have shown that PPD affects at least 10 percent of women and that many depressed mothers remain untreated. These mothers may cope with their baby and with household tasks, but their enjoyment of life is seriously affected and it is possible that there are long term effects on the family.

The EPDS was developed at health centers in Livingston and Edinburgh. It consists of 10 short statements. The mother underlines which of the four possible responses is closest to how she has been

feeling during the past week. Most mothers complete the scale without difficulty in less than five minutes.

The validation study showed that mothers who scored above a threshold 12/13 were likely to be suffering from a depressive illness of varying severity. Nevertheless, the EPDS score should not override clinical judgement. A careful clinical assessment should be carried out to confirm the diagnosis. The scale indicates how the mother felt during the previous week, and in doubtful cases it may be usefully repeated after two weeks. The scale will not detect mothers with anxiety neuroses, phobias or personality disorders.

## INSTRUCTIONS FOR USERS

1. The mother is asked to underline the response that comes closest to how she has felt during the previous seven days.
2. All 10 items must be completed.
3. Care should be taken to avoid the possibility of the mother discussing her answers with others.
4. The mother should complete the scale herself, unless she has limited English or has difficulty with reading.
5. The EPDS may be used at six to eight weeks to screen postnatal women or during pregnancy. The child health clinic, postpartum check-up or a home visit may provide suitable opportunities for its completion.



# 1st Prenatal Visit Timeframe - Existing Members

## Existing Members - Must Complete Visit within 90 Days of Becoming Pregnant

Please use this calendar as a guide to assisting EXISTING Pregnant Members with scheduling a prenatal visit. At least 1 visit MUST be completed during this timeframe. Visits completed prior to or after this timeframe do not count.

**Step 1 - Date of last missed period (LMP)**    **Step 2 - Schedule prenatal visit within correct time frame**    **Step 3 - Instruct member to attend visit as scheduled**

January	Schedule Visit between these dates:		February	Schedule Visit between these dates:		March	Schedule Visit between these dates:		April	Schedule Visit between these dates:		May	Schedule Visit between these dates:		June	Schedule Visit between these dates:	
	Beginning of 1st Trimester & Date Member became Pregnant	End of 1st Trimester		Beginning of 1st Trimester & Date Member became Pregnant	End of 1st Trimester		Beginning of 1st Trimester & Date Member became Pregnant	End of 1st Trimester		Beginning of 1st Trimester & Date Member became Pregnant	End of 1st Trimester		Beginning of 1st Trimester & Date Member became Pregnant	End of 1st Trimester		Beginning of 1st Trimester & Date Member became Pregnant	End of 1st Trimester
Jan-1	Jan-15	Apr-15	Feb-1	Feb-15	May-16	Mar-1	Mar-15	Jun-13	Apr-1	Apr-15	Jul-14	May-1	May-15	Aug-13	Jun-1	Jun-15	Sep-13
Jan-2	Jan-16	Apr-16	Feb-2	Feb-16	May-17	Mar-2	Mar-16	Jun-14	Apr-2	Apr-16	Jul-15	May-2	May-16	Aug-14	Jun-2	Jun-16	Sep-14
Jan-3	Jan-17	Apr-17	Feb-3	Feb-17	May-18	Mar-3	Mar-17	Jun-15	Apr-3	Apr-17	Jul-16	May-3	May-17	Aug-15	Jun-3	Jun-17	Sep-15
Jan-4	Jan-18	Apr-18	Feb-4	Feb-18	May-19	Mar-4	Mar-18	Jun-16	Apr-4	Apr-18	Jul-17	May-4	May-18	Aug-16	Jun-4	Jun-18	Sep-16
Jan-5	Jan-19	Apr-19	Feb-5	Feb-19	May-20	Mar-5	Mar-19	Jun-17	Apr-5	Apr-19	Jul-18	May-5	May-19	Aug-17	Jun-5	Jun-19	Sep-17
Jan-6	Jan-20	Apr-20	Feb-6	Feb-20	May-21	Mar-6	Mar-20	Jun-18	Apr-6	Apr-20	Jul-19	May-6	May-20	Aug-18	Jun-6	Jun-20	Sep-18
Jan-7	Jan-21	Apr-21	Feb-7	Feb-21	May-22	Mar-7	Mar-21	Jun-19	Apr-7	Apr-21	Jul-20	May-7	May-21	Aug-19	Jun-7	Jun-21	Sep-19
Jan-8	Jan-22	Apr-22	Feb-8	Feb-22	May-23	Mar-8	Mar-22	Jun-20	Apr-8	Apr-22	Jul-21	May-8	May-22	Aug-20	Jun-8	Jun-22	Sep-20
Jan-9	Jan-23	Apr-23	Feb-9	Feb-23	May-24	Mar-9	Mar-23	Jun-21	Apr-9	Apr-23	Jul-22	May-9	May-23	Aug-21	Jun-9	Jun-23	Sep-21
Jan-10	Jan-24	Apr-24	Feb-10	Feb-24	May-25	Mar-10	Mar-24	Jun-22	Apr-10	Apr-24	Jul-23	May-10	May-24	Aug-22	Jun-10	Jun-24	Sep-22
Jan-11	Jan-25	Apr-25	Feb-11	Feb-25	May-26	Mar-11	Mar-25	Jun-23	Apr-11	Apr-25	Jul-24	May-11	May-25	Aug-23	Jun-11	Jun-25	Sep-23
Jan-12	Jan-26	Apr-26	Feb-12	Feb-26	May-27	Mar-12	Mar-26	Jun-24	Apr-12	Apr-26	Jul-25	May-12	May-26	Aug-24	Jun-12	Jun-26	Sep-24
Jan-13	Jan-27	Apr-27	Feb-13	Feb-27	May-28	Mar-13	Mar-27	Jun-25	Apr-13	Apr-27	Jul-26	May-13	May-27	Aug-25	Jun-13	Jun-27	Sep-25
Jan-14	Jan-28	Apr-28	Feb-14	Feb-28	May-29	Mar-14	Mar-28	Jun-26	Apr-14	Apr-28	Jul-27	May-14	May-28	Aug-26	Jun-14	Jun-28	Sep-26
Jan-15	Jan-29	Apr-29	Feb-15	Mar-1	May-30	Mar-15	Mar-29	Jun-27	Apr-15	Apr-29	Jul-28	May-15	May-29	Aug-27	Jun-15	Jun-29	Sep-27
Jan-16	Jan-30	Apr-30	Feb-16	Mar-2	May-31	Mar-16	Mar-30	Jun-28	Apr-16	Apr-30	Jul-29	May-16	May-30	Aug-28	Jun-16	Jun-30	Sep-28
Jan-17	Jan-31	May-1	Feb-17	Mar-3	Jun-1	Mar-17	Mar-31	Jun-29	Apr-17	May-1	Jul-30	May-17	May-31	Aug-29	Jun-17	Jul-1	Sep-29
Jan-18	Feb-1	May-2	Feb-18	Mar-4	Jun-2	Mar-18	Apr-1	Jun-30	Apr-18	May-2	Jul-31	May-18	Jun-1	Aug-30	Jun-18	Jul-2	Sep-30
Jan-19	Feb-2	May-3	Feb-19	Mar-5	Jun-3	Mar-19	Apr-2	Jul-1	Apr-19	May-3	Aug-1	May-19	Jun-2	Aug-31	Jun-19	Jul-3	Oct-1
Jan-20	Feb-3	May-4	Feb-20	Mar-6	Jun-4	Mar-20	Apr-3	Jul-2	Apr-20	May-4	Aug-2	May-20	Jun-3	Sep-1	Jun-20	Jul-4	Oct-2
Jan-21	Feb-4	May-5	Feb-21	Mar-7	Jun-5	Mar-21	Apr-4	Jul-3	Apr-21	May-5	Aug-3	May-21	Jun-4	Sep-2	Jun-21	Jul-5	Oct-3
Jan-22	Feb-5	May-6	Feb-22	Mar-8	Jun-6	Mar-22	Apr-5	Jul-4	Apr-22	May-6	Aug-4	May-22	Jun-5	Sep-3	Jun-22	Jul-6	Oct-4
Jan-23	Feb-6	May-7	Feb-23	Mar-9	Jun-7	Mar-23	Apr-6	Jul-5	Apr-23	May-7	Aug-5	May-23	Jun-6	Sep-4	Jun-23	Jul-7	Oct-5
Jan-24	Feb-7	May-8	Feb-24	Mar-10	Jun-8	Mar-24	Apr-7	Jul-6	Apr-24	May-8	Aug-6	May-24	Jun-7	Sep-5	Jun-24	Jul-8	Oct-6
Jan-25	Feb-8	May-9	Feb-25	Mar-11	Jun-9	Mar-25	Apr-8	Jul-7	Apr-25	May-9	Aug-7	May-25	Jun-8	Sep-6	Jun-25	Jul-9	Oct-7
Jan-26	Feb-9	May-10	Feb-26	Mar-12	Jun-10	Mar-26	Apr-9	Jul-8	Apr-26	May-10	Aug-8	May-26	Jun-9	Sep-7	Jun-26	Jul-10	Oct-8
Jan-27	Feb-10	May-11	Feb-27	Mar-13	Jun-11	Mar-27	Apr-10	Jul-9	Apr-27	May-11	Aug-9	May-27	Jun-10	Sep-8	Jun-27	Jul-11	Oct-9
Jan-28	Feb-11	May-12	Feb-28	Mar-14	Jun-12	Mar-28	Apr-11	Jul-10	Apr-28	May-12	Aug-10	May-28	Jun-11	Sep-9	Jun-28	Jul-12	Oct-10
Jan-29	Feb-12	May-13				Mar-29	Apr-12	Jul-11	Apr-29	May-13	Aug-11	May-29	Jun-12	Sep-10	Jun-29	Jul-13	Oct-11
Jan-30	Feb-13	May-14				Mar-30	Apr-13	Jul-12	Apr-30	May-14	Aug-12	May-30	Jun-13	Sep-11	Jun-30	Jul-14	Oct-12
Jan-31	Feb-14	May-15				Mar-31	Apr-14	Jul-13				May-31	Jun-14	Sep-12			

1st Prenatal Visit Timeframe - Existing Members



# 1st Prenatal Visit Timeframe - Existing Members

## Existing Members - Must Complete Visit within 90 Days of Becoming Pregnant

Please use this calendar as a guide to assisting EXISTING Pregnant Members with scheduling a prenatal visit. At least 1 visit MUST be completed during this timeframe. Visits completed prior to or after this timeframe do not count.

**Step 1 - Date of last missed period (LMP)**    **Step 2 - Schedule prenatal visit within correct time frame**    **Step 3 - Instruct member to attend visit as scheduled**

July			August			September			October			November			December		
Schedule Visit between these dates:			Schedule Visit between these dates:			Schedule Visit between these dates:			Schedule Visit between these dates:			Schedule Visit between these dates:			Schedule Visit between these dates:		
First Day of Last Menstrual Period (LMP)	Beginning of 1st Trimester & Date Member became Pregnant	End of 1st Trimester	First Day of Last Menstrual Period (LMP)	Beginning of 1st Trimester & Date Member became Pregnant	End of 1st Trimester	First Day of Last Menstrual Period (LMP)	Beginning of 1st Trimester & Date Member became Pregnant	End of 1st Trimester	First Day of Last Menstrual Period (LMP)	Beginning of 1st Trimester & Date Member became Pregnant	End of 1st Trimester	First Day of Last Menstrual Period (LMP)	Beginning of 1st Trimester & Date Member became Pregnant	End of 1st Trimester	First Day of Last Menstrual Period (LMP)	Beginning of 1st Trimester & Date Member became Pregnant	End of 1st Trimester
Jul-1	Jul-15	Oct-13	Aug-1	Aug-15	Nov-13	Sep-1	Sep-15	Dec-14	Oct-1	Oct-15	Jan-13	Nov-1	Nov-15	Feb-13	Dec-1	Dec-15	Mar-15
Jul-2	Jul-16	Oct-14	Aug-2	Aug-16	Nov-14	Sep-2	Sep-16	Dec-15	Oct-2	Oct-16	Jan-14	Nov-2	Nov-16	Feb-14	Dec-2	Dec-16	Mar-16
Jul-3	Jul-17	Oct-15	Aug-3	Aug-17	Nov-15	Sep-3	Sep-17	Dec-16	Oct-3	Oct-17	Jan-15	Nov-3	Nov-17	Feb-15	Dec-3	Dec-17	Mar-17
Jul-4	Jul-18	Oct-16	Aug-4	Aug-18	Nov-16	Sep-4	Sep-18	Dec-17	Oct-4	Oct-18	Jan-16	Nov-4	Nov-18	Feb-16	Dec-4	Dec-18	Mar-18
Jul-5	Jul-19	Oct-17	Aug-5	Aug-19	Nov-17	Sep-5	Sep-19	Dec-18	Oct-5	Oct-19	Jan-17	Nov-5	Nov-19	Feb-17	Dec-5	Dec-19	Mar-19
Jul-6	Jul-20	Oct-18	Aug-6	Aug-20	Nov-18	Sep-6	Sep-20	Dec-19	Oct-6	Oct-20	Jan-18	Nov-6	Nov-20	Feb-18	Dec-6	Dec-20	Mar-20
Jul-7	Jul-21	Oct-19	Aug-7	Aug-21	Nov-19	Sep-7	Sep-21	Dec-20	Oct-7	Oct-21	Jan-19	Nov-7	Nov-21	Feb-19	Dec-7	Dec-21	Mar-21
Jul-8	Jul-22	Oct-20	Aug-8	Aug-22	Nov-20	Sep-8	Sep-22	Dec-21	Oct-8	Oct-22	Jan-20	Nov-8	Nov-22	Feb-20	Dec-8	Dec-22	Mar-22
Jul-9	Jul-23	Oct-21	Aug-9	Aug-23	Nov-21	Sep-9	Sep-23	Dec-22	Oct-9	Oct-23	Jan-21	Nov-9	Nov-23	Feb-21	Dec-9	Dec-23	Mar-23
Jul-10	Jul-24	Oct-22	Aug-10	Aug-24	Nov-22	Sep-10	Sep-24	Dec-23	Oct-10	Oct-24	Jan-22	Nov-10	Nov-24	Feb-22	Dec-10	Dec-24	Mar-24
Jul-11	Jul-25	Oct-23	Aug-11	Aug-25	Nov-23	Sep-11	Sep-25	Dec-24	Oct-11	Oct-25	Jan-23	Nov-11	Nov-25	Feb-23	Dec-11	Dec-25	Mar-25
Jul-12	Jul-26	Oct-24	Aug-12	Aug-26	Nov-24	Sep-12	Sep-26	Dec-25	Oct-12	Oct-26	Jan-24	Nov-12	Nov-26	Feb-24	Dec-12	Dec-26	Mar-26
Jul-13	Jul-27	Oct-25	Aug-13	Aug-27	Nov-25	Sep-13	Sep-27	Dec-26	Oct-13	Oct-27	Jan-25	Nov-13	Nov-27	Feb-25	Dec-13	Dec-27	Mar-27
Jul-14	Jul-28	Oct-26	Aug-14	Aug-28	Nov-26	Sep-14	Sep-28	Dec-27	Oct-14	Oct-28	Jan-26	Nov-14	Nov-28	Feb-26	Dec-14	Dec-28	Mar-28
Jul-15	Jul-29	Oct-27	Aug-15	Aug-29	Nov-27	Sep-15	Sep-29	Dec-28	Oct-15	Oct-29	Jan-27	Nov-15	Nov-29	Feb-27	Dec-15	Dec-29	Mar-29
Jul-16	Jul-30	Oct-28	Aug-16	Aug-30	Nov-28	Sep-16	Sep-30	Dec-29	Oct-16	Oct-30	Jan-28	Nov-16	Nov-30	Feb-28	Dec-16	Dec-30	Mar-30
Jul-17	Jul-31	Oct-29	Aug-17	Aug-31	Nov-29	Sep-17	Oct-1	Dec-30	Oct-17	Oct-31	Jan-29	Nov-17	Dec-1	Mar-1	Dec-17	Dec-31	Mar-31
Jul-18	Aug-1	Oct-30	Aug-18	Sep-1	Nov-30	Sep-18	Oct-2	Dec-31	Oct-18	Nov-1	Jan-30	Nov-18	Dec-2	Mar-2	Dec-18	Jan-1	Apr-1
Jul-19	Aug-2	Oct-31	Aug-19	Sep-2	Dec-1	Sep-19	Oct-3	Jan-1	Oct-19	Nov-2	Jan-31	Nov-19	Dec-3	Mar-3	Dec-19	Jan-2	Apr-2
Jul-20	Aug-3	Nov-1	Aug-20	Sep-3	Dec-2	Sep-20	Oct-4	Jan-2	Oct-20	Nov-3	Feb-1	Nov-20	Dec-4	Mar-4	Dec-20	Jan-3	Apr-3
Jul-21	Aug-4	Nov-2	Aug-21	Sep-4	Dec-3	Sep-21	Oct-5	Jan-3	Oct-21	Nov-4	Feb-2	Nov-21	Dec-5	Mar-5	Dec-21	Jan-4	Apr-4
Jul-22	Aug-5	Nov-3	Aug-22	Sep-5	Dec-4	Sep-22	Oct-6	Jan-4	Oct-22	Nov-5	Feb-3	Nov-22	Dec-6	Mar-6	Dec-22	Jan-5	Apr-5
Jul-23	Aug-6	Nov-4	Aug-23	Sep-6	Dec-5	Sep-23	Oct-7	Jan-5	Oct-23	Nov-6	Feb-4	Nov-23	Dec-7	Mar-7	Dec-23	Jan-6	Apr-6
Jul-24	Aug-7	Nov-5	Aug-24	Sep-7	Dec-6	Sep-24	Oct-8	Jan-6	Oct-24	Nov-7	Feb-5	Nov-24	Dec-8	Mar-8	Dec-24	Jan-7	Apr-7
Jul-25	Aug-8	Nov-6	Aug-25	Sep-8	Dec-7	Sep-25	Oct-9	Jan-7	Oct-25	Nov-8	Feb-6	Nov-25	Dec-9	Mar-9	Dec-25	Jan-8	Apr-8
Jul-26	Aug-9	Nov-7	Aug-26	Sep-9	Dec-8	Sep-26	Oct-10	Jan-8	Oct-26	Nov-9	Feb-7	Nov-26	Dec-10	Mar-10	Dec-26	Jan-9	Apr-9
Jul-27	Aug-10	Nov-8	Aug-27	Sep-10	Dec-9	Sep-27	Oct-11	Jan-9	Oct-27	Nov-10	Feb-8	Nov-27	Dec-11	Mar-11	Dec-27	Jan-10	Apr-10
Jul-28	Aug-11	Nov-9	Aug-28	Sep-11	Dec-10	Sep-28	Oct-12	Jan-10	Oct-28	Nov-11	Feb-9	Nov-28	Dec-12	Mar-12	Dec-28	Jan-11	Apr-11
Jul-29	Aug-12	Nov-10	Aug-29	Sep-12	Dec-11	Sep-29	Oct-13	Jan-11	Oct-29	Nov-12	Feb-10	Nov-29	Dec-13	Mar-13	Dec-29	Jan-12	Apr-12
Jul-30	Aug-13	Nov-11	Aug-30	Sep-13	Dec-12	Sep-30	Oct-14	Jan-12	Oct-30	Nov-13	Feb-11	Nov-30	Dec-14	Mar-14	Dec-30	Jan-13	Apr-13
Jul-31	Aug-14	Nov-12	Aug-31	Sep-14	Dec-13				Oct-31	Nov-14	Feb-12				Dec-31	Jan-14	Apr-14

1st Prenatal Visit Timeframe - Existing Members





# 1st Prenatal Visit Timeframe - Newly Enrolled Members

## Newly Enrolled Members - Must Completed Visit in 42 Days

Please use this calendar as a guide to assist NEWLY Enrolled Pregnant Members with scheduling a prenatal visit.

At least 1 visit MUST be completed during this time frame. Visits completed prior to this time frame do not count.

**Step 1 - Date of Enrollment**    **Step 2 - Schedule prenatal visit during correct time frame**    **Step 3 - Instruct member to attend visit as scheduled**

January	Schedule Visit between these dates:		February	Schedule Visit between these dates:		March	Schedule Visit between these dates:		April	Schedule Visit between these dates:		May	Schedule Visit between these dates:		June	Schedule Visit between these dates:	
Date of Enrollment	From	To	Date of Enrollment	From	To	Date of Enrollment	From	To	Date of Enrollment	From	To	Date of Enrollment	From	To	Date of Enrollment	From	To
Jan 1	Jan 1	Feb 12	Feb 1	Feb 1	Mar 15	Mar 1	Mar 1	Apr 12	Apr 1	Apr 1	May 13	May 1	May 1	Jun 12	Jun 1	Jun 1	Jul 13
Jan 2	Jan 2	Feb 13	Feb 2	Feb 2	Mar 16	Mar 2	Mar 2	Apr 13	Apr 2	Apr 2	May 14	May 2	May 2	Jun 13	Jun 2	Jun 2	Jul 14
Jan 3	Jan 3	Feb 14	Feb 3	Feb 3	Mar 17	Mar 3	Mar 3	Apr 14	Apr 3	Apr 3	May 15	May 3	May 3	Jun 14	Jun 3	Jun 3	Jul 15
Jan 4	Jan 4	Feb 15	Feb 4	Feb 4	Mar 18	Mar 4	Mar 4	Apr 15	Apr 4	Apr 4	May 16	May 4	May 4	Jun 15	Jun 4	Jun 4	Jul 16
Jan 5	Jan 5	Feb 16	Feb 5	Feb 5	Mar 19	Mar 5	Mar 5	Apr 16	Apr 5	Apr 5	May 17	May 5	May 5	Jun 16	Jun 5	Jun 5	Jul 17
Jan 6	Jan 6	Feb 17	Feb 6	Feb 6	Mar 20	Mar 6	Mar 6	Apr 17	Apr 6	Apr 6	May 18	May 6	May 6	Jun 17	Jun 6	Jun 6	Jul 18
Jan 7	Jan 7	Feb 18	Feb 7	Feb 7	Mar 21	Mar 7	Mar 7	Apr 18	Apr 7	Apr 7	May 19	May 7	May 7	Jun 18	Jun 7	Jun 7	Jul 19
Jan 8	Jan 8	Feb 19	Feb 8	Feb 8	Mar 22	Mar 8	Mar 8	Apr 19	Apr 8	Apr 8	May 20	May 8	May 8	Jun 19	Jun 8	Jun 8	Jul 20
Jan 9	Jan 9	Feb 20	Feb 9	Feb 9	Mar 23	Mar 9	Mar 9	Apr 20	Apr 9	Apr 9	May 21	May 9	May 9	Jun 20	Jun 9	Jun 9	Jul 21
Jan 10	Jan 10	Feb 21	Feb 10	Feb 10	Mar 24	Mar 10	Mar 10	Apr 21	Apr 10	Apr 10	May 22	May 10	May 10	Jun 21	Jun 10	Jun 10	Jul 22
Jan 11	Jan 11	Feb 22	Feb 11	Feb 11	Mar 25	Mar 11	Mar 11	Apr 22	Apr 11	Apr 11	May 23	May 11	May 11	Jun 22	Jun 11	Jun 11	Jul 23
Jan 12	Jan 12	Feb 23	Feb 12	Feb 12	Mar 26	Mar 12	Mar 12	Apr 23	Apr 12	Apr 12	May 24	May 12	May 12	Jun 23	Jun 12	Jun 12	Jul 24
Jan 13	Jan 13	Feb 24	Feb 13	Feb 13	Mar 27	Mar 13	Mar 13	Apr 24	Apr 13	Apr 13	May 25	May 13	May 13	Jun 24	Jun 13	Jun 13	Jul 25
Jan 14	Jan 14	Feb 25	Feb 14	Feb 14	Mar 28	Mar 14	Mar 14	Apr 25	Apr 14	Apr 14	May 26	May 14	May 14	Jun 25	Jun 14	Jun 14	Jul 26
Jan 15	Jan 15	Feb 26	Feb 15	Feb 15	Mar 29	Mar 15	Mar 15	Apr 26	Apr 15	Apr 15	May 27	May 15	May 15	Jun 26	Jun 15	Jun 15	Jul 27
Jan 16	Jan 16	Feb 27	Feb 16	Feb 16	Mar 30	Mar 16	Mar 16	Apr 27	Apr 16	Apr 16	May 28	May 16	May 16	Jun 27	Jun 16	Jun 16	Jul 28
Jan 17	Jan 17	Feb 28	Feb 17	Feb 17	Mar 31	Mar 17	Mar 17	Apr 28	Apr 17	Apr 17	May 29	May 17	May 17	Jun 28	Jun 17	Jun 17	Jul 29
Jan 18	Jan 18	Mar 1	Feb 18	Feb 18	Apr 1	Mar 18	Mar 18	Apr 29	Apr 18	Apr 18	May 30	May 18	May 18	Jun 29	Jun 18	Jun 18	Jul 30
Jan 19	Jan 19	Mar 2	Feb 19	Feb 19	Apr 2	Mar 19	Mar 19	Apr 30	Apr 19	Apr 19	May 31	May 19	May 19	Jun 30	Jun 19	Jun 19	Jul 31
Jan 20	Jan 20	Mar 3	Feb 20	Feb 20	Apr 3	Mar 20	Mar 20	May 1	Apr 20	Apr 20	Jun 1	May 20	May 20	Jul 1	Jun 20	Jun 20	Aug 1
Jan 21	Jan 21	Mar 4	Feb 21	Feb 21	Apr 4	Mar 21	Mar 21	May 2	Apr 21	Apr 21	Jun 2	May 21	May 21	Jul 2	Jun 21	Jun 21	Aug 2
Jan 22	Jan 22	Mar 5	Feb 22	Feb 22	Apr 5	Mar 22	Mar 22	May 3	Apr 22	Apr 22	Jun 3	May 22	May 22	Jul 3	Jun 22	Jun 22	Aug 3
Jan 23	Jan 23	Mar 6	Feb 23	Feb 23	Apr 6	Mar 23	Mar 23	May 4	Apr 23	Apr 23	Jun 4	May 23	May 23	Jul 4	Jun 23	Jun 23	Aug 4
Jan 24	Jan 24	Mar 7	Feb 24	Feb 24	Apr 7	Mar 24	Mar 24	May 5	Apr 24	Apr 24	Jun 5	May 24	May 24	Jul 5	Jun 24	Jun 24	Aug 5
Jan 25	Jan 25	Mar 8	Feb 25	Feb 25	Apr 8	Mar 25	Mar 25	May 6	Apr 25	Apr 25	Jun 6	May 25	May 25	Jul 6	Jun 25	Jun 25	Aug 6
Jan 26	Jan 26	Mar 9	Feb 26	Feb 26	Apr 9	Mar 26	Mar 26	May 7	Apr 26	Apr 26	Jun 7	May 26	May 26	Jul 7	Jun 26	Jun 26	Aug 7
Jan 27	Jan 27	Mar 10	Feb 27	Feb 27	Apr 10	Mar 27	Mar 27	May 8	Apr 27	Apr 27	Jun 8	May 27	May 27	Jul 8	Jun 27	Jun 27	Aug 8
Jan 28	Jan 28	Mar 11	Feb 28	Feb 28	Apr 11	Mar 28	Mar 28	May 9	Apr 28	Apr 28	Jun 9	May 28	May 28	Jul 9	Jun 28	Jun 28	Aug 9
Jan 29	Jan 29	Mar 12				Mar 29	Mar 29	May 10	Apr 29	Apr 29	Jun 10	May 29	May 29	Jul 10	Jun 29	Jun 29	Aug 10
Jan 30	Jan 30	Mar 13				Mar 30	Mar 30	May 11	Apr 30	Apr 30	Jun 11	May 30	May 30	Jul 11	Jun 30	Jun 30	Aug 11
Jan 31	Jan 31	Mar 14				Mar 31	Mar 31	May 12				May 31	May 31	Jul 12			

1st Prenatal Visit Timeframe - Newly Enrolled Members



# 1st Prenatal Visit Timeframe - Newly Enrolled Members

## Newly Enrolled Members - Must Completed Visit in 42 Days

Please use this calendar as a guide to assist NEWLY Enrolled Pregnant Members with scheduling a prenatal visit.  
At least 1 visit MUST be completed during this time frame. Visits completed prior to this time frame do not count.

**Step 1 - Date of Enrollment    Step 2 - Schedule prenatal visit during correct time frame    Step 3 - Instruct member to attend visit as scheduled**

July			August			September			October			November			December		
Schedule Visit between these dates:			Schedule Visit between these dates:			Schedule Visit between these dates:			Schedule Visit between these dates:			Schedule Visit between these dates:			Schedule Visit between these dates:		
Date of Enrollment	From	To	Date of Enrollment	From	To	Date of Enrollment	From	To	Date of Enrollment	From	To	Date of Enrollment	From	To	Date of Enrollment	From	To
Jul 1	Jul 1	Aug 12	Aug 1	Aug 1	Sep 12	Sep 1	Sep 1	Oct 13	Oct 1	Oct 1	Nov 12	Nov 1	Nov 1	Dec 13	Dec 1	Dec 1	Jan 12
Jul 2	Jul 2	Aug 13	Aug 2	Aug 2	Sep 13	Sep 2	Sep 2	Oct 14	Oct 2	Oct 2	Nov 13	Nov 2	Nov 2	Dec 14	Dec 2	Dec 2	Jan 13
Jul 3	Jul 3	Aug 14	Aug 3	Aug 3	Sep 14	Sep 3	Sep 3	Oct 15	Oct 3	Oct 3	Nov 14	Nov 3	Nov 3	Dec 15	Dec 3	Dec 3	Jan 14
Jul 4	Jul 4	Aug 15	Aug 4	Aug 4	Sep 15	Sep 4	Sep 4	Oct 16	Oct 4	Oct 4	Nov 15	Nov 4	Nov 4	Dec 16	Dec 4	Dec 4	Jan 15
Jul 5	Jul 5	Aug 16	Aug 5	Aug 5	Sep 16	Sep 5	Sep 5	Oct 17	Oct 5	Oct 5	Nov 16	Nov 5	Nov 5	Dec 17	Dec 5	Dec 5	Jan 16
Jul 6	Jul 6	Aug 17	Aug 6	Aug 6	Sep 17	Sep 6	Sep 6	Oct 18	Oct 6	Oct 6	Nov 17	Nov 6	Nov 6	Dec 18	Dec 6	Dec 6	Jan 17
Jul 7	Jul 7	Aug 18	Aug 7	Aug 7	Sep 18	Sep 7	Sep 7	Oct 19	Oct 7	Oct 7	Nov 18	Nov 7	Nov 7	Dec 19	Dec 7	Dec 7	Jan 18
Jul 8	Jul 8	Aug 19	Aug 8	Aug 8	Sep 19	Sep 8	Sep 8	Oct 20	Oct 8	Oct 8	Nov 19	Nov 8	Nov 8	Dec 20	Dec 8	Dec 8	Jan 19
Jul 9	Jul 9	Aug 20	Aug 9	Aug 9	Sep 20	Sep 9	Sep 9	Oct 21	Oct 9	Oct 9	Nov 20	Nov 9	Nov 9	Dec 21	Dec 9	Dec 9	Jan 20
Jul 10	Jul 10	Aug 21	Aug 10	Aug 10	Sep 21	Sep 10	Sep 10	Oct 22	Oct 10	Oct 10	Nov 21	Nov 10	Nov 10	Dec 22	Dec 10	Dec 10	Jan 21
Jul 11	Jul 11	Aug 22	Aug 11	Aug 11	Sep 22	Sep 11	Sep 11	Oct 23	Oct 11	Oct 11	Nov 22	Nov 11	Nov 11	Dec 23	Dec 11	Dec 11	Jan 22
Jul 12	Jul 12	Aug 23	Aug 12	Aug 12	Sep 23	Sep 12	Sep 12	Oct 24	Oct 12	Oct 12	Nov 23	Nov 12	Nov 12	Dec 24	Dec 12	Dec 12	Jan 23
Jul 13	Jul 13	Aug 24	Aug 13	Aug 13	Sep 24	Sep 13	Sep 13	Oct 25	Oct 13	Oct 13	Nov 24	Nov 13	Nov 13	Dec 25	Dec 13	Dec 13	Jan 24
Jul 14	Jul 14	Aug 25	Aug 14	Aug 14	Sep 25	Sep 14	Sep 14	Oct 26	Oct 14	Oct 14	Nov 25	Nov 14	Nov 14	Dec 26	Dec 14	Dec 14	Jan 25
Jul 15	Jul 15	Aug 26	Aug 15	Aug 15	Sep 26	Sep 15	Sep 15	Oct 27	Oct 15	Oct 15	Nov 26	Nov 15	Nov 15	Dec 27	Dec 15	Dec 15	Jan 26
Jul 16	Jul 16	Aug 27	Aug 16	Aug 16	Sep 27	Sep 16	Sep 16	Oct 28	Oct 16	Oct 16	Nov 27	Nov 16	Nov 16	Dec 28	Dec 16	Dec 16	Jan 27
Jul 17	Jul 17	Aug 28	Aug 17	Aug 17	Sep 28	Sep 17	Sep 17	Oct 29	Oct 17	Oct 17	Nov 28	Nov 17	Nov 17	Dec 29	Dec 17	Dec 17	Jan 28
Jul 18	Jul 18	Aug 29	Aug 18	Aug 18	Sep 29	Sep 18	Sep 18	Oct 30	Oct 18	Oct 18	Nov 29	Nov 18	Nov 18	Dec 30	Dec 18	Dec 18	Jan 29
Jul 19	Jul 19	Aug 30	Aug 19	Aug 19	Sep 30	Sep 19	Sep 19	Oct 31	Oct 19	Oct 19	Nov 30	Nov 19	Nov 19	Dec 31	Dec 19	Dec 19	Jan 30
Jul 20	Jul 20	Aug 31	Aug 20	Aug 20	Oct 1	Sep 20	Sep 20	Nov 1	Oct 20	Oct 20	Dec 1	Nov 20	Nov 20	Jan 1	Dec 20	Dec 20	Jan 31
Jul 21	Jul 21	Sep 1	Aug 21	Aug 21	Oct 2	Sep 21	Sep 21	Nov 2	Oct 21	Oct 21	Dec 2	Nov 21	Nov 21	Jan 2	Dec 21	Dec 21	Feb 1
Jul 22	Jul 22	Sep 2	Aug 22	Aug 22	Oct 3	Sep 22	Sep 22	Nov 3	Oct 22	Oct 22	Dec 3	Nov 22	Nov 22	Jan 3	Dec 22	Dec 22	Feb 2
Jul 23	Jul 23	Sep 3	Aug 23	Aug 23	Oct 4	Sep 23	Sep 23	Nov 4	Oct 23	Oct 23	Dec 4	Nov 23	Nov 23	Jan 4	Dec 23	Dec 23	Feb 3
Jul 24	Jul 24	Sep 4	Aug 24	Aug 24	Oct 5	Sep 24	Sep 24	Nov 5	Oct 24	Oct 24	Dec 5	Nov 24	Nov 24	Jan 5	Dec 24	Dec 24	Feb 4
Jul 25	Jul 25	Sep 5	Aug 25	Aug 25	Oct 6	Sep 25	Sep 25	Nov 6	Oct 25	Oct 25	Dec 6	Nov 25	Nov 25	Jan 6	Dec 25	Dec 25	Feb 5
Jul 26	Jul 26	Sep 6	Aug 26	Aug 26	Oct 7	Sep 26	Sep 26	Nov 7	Oct 26	Oct 26	Dec 7	Nov 26	Nov 26	Jan 7	Dec 26	Dec 26	Feb 6
Jul 27	Jul 27	Sep 7	Aug 27	Aug 27	Oct 8	Sep 27	Sep 27	Nov 8	Oct 27	Oct 27	Dec 8	Nov 27	Nov 27	Jan 8	Dec 27	Dec 27	Feb 7
Jul 28	Jul 28	Sep 8	Aug 28	Aug 28	Oct 9	Sep 28	Sep 28	Nov 9	Oct 28	Oct 28	Dec 9	Nov 28	Nov 28	Jan 9	Dec 28	Dec 28	Feb 8
Jul 29	Jul 29	Sep 9	Aug 29	Aug 29	Oct 10	Sep 29	Sep 29	Nov 10	Oct 29	Oct 29	Dec 10	Nov 29	Nov 29	Jan 10	Dec 29	Dec 29	Feb 9
Jul 30	Jul 30	Sep 10	Aug 30	Aug 30	Oct 11	Sep 30	Sep 30	Nov 11	Oct 30	Oct 30	Dec 11	Nov 30	Nov 30	Jan 11	Dec 30	Dec 30	Feb 10
Jul 31	Jul 31	Sep 11	Aug 31	Aug 31	Oct 12				Oct 31	Oct 31	Dec 12				Dec 31	Dec 31	Feb 11

1st Prenatal Visit Timeframe - Newly Enrolled Members



# Postpartum Visit Timeframe

**All Members - Must Complete Postpartum exam 21-56 days after delivering their baby. No exceptions.**

Please use this calendar as a guide to assist Members with scheduling a postpartum visit.  
The visit **MUST** be completed during this time frame.

**Step 1 - Date Member Delivered    Step 2 - Schedule postpartum visit during correct time frame    Step 3 - Instruct member to attend visit as scheduled**

January	Schedule Visit between these dates:		February	Schedule Visit between these dates:		March	Schedule Visit between these dates:		April	Schedule Visit between these dates:		May	Schedule Visit between these dates:		June	Schedule Visit between these dates:	
Date of Delivery	From	To	Date of Delivery	From	To	Date of Delivery	From	To	Date of Delivery	From	To	Date of Delivery	From	To	Date of Delivery	From	To
Jan 1	Jan 22	Feb 26	Feb 1	Feb 22	Mar 29	Mar 1	Mar 22	Apr 26	Apr 1	Apr 22	May 27	May 1	May 22	Jun 26	Jun 1	Jun 22	Jul 27
Jan 2	Jan 23	Feb 27	Feb 2	Feb 23	Mar 30	Mar 2	Mar 23	Apr 27	Apr 2	Apr 23	May 28	May 2	May 23	Jun 27	Jun 2	Jun 23	Jul 28
Jan 3	Jan 24	Feb 28	Feb 3	Feb 24	Mar 31	Mar 3	Mar 24	Apr 28	Apr 3	Apr 24	May 29	May 3	May 24	Jun 28	Jun 3	Jun 24	Jul 29
Jan 4	Jan 25	Mar 1	Feb 4	Feb 25	Apr 1	Mar 4	Mar 25	Apr 29	Apr 4	Apr 25	May 30	May 4	May 25	Jun 29	Jun 4	Jun 25	Jul 30
Jan 5	Jan 26	Mar 2	Feb 5	Feb 26	Apr 2	Mar 5	Mar 26	Apr 30	Apr 5	Apr 26	May 31	May 5	May 26	Jun 30	Jun 5	Jun 26	Jul 31
Jan 6	Jan 27	Mar 3	Feb 6	Feb 27	Apr 3	Mar 6	Mar 27	May 1	Apr 6	Apr 27	Jun 1	May 6	May 27	Jul 1	Jun 6	Jun 27	Aug 1
Jan 7	Jan 28	Mar 4	Feb 7	Feb 28	Apr 4	Mar 7	Mar 28	May 2	Apr 7	Apr 28	Jun 2	May 7	May 28	Jul 2	Jun 7	Jun 28	Aug 2
Jan 8	Jan 29	Mar 5	Feb 8	Mar 1	Apr 5	Mar 8	Mar 29	May 3	Apr 8	Apr 29	Jun 3	May 8	May 29	Jul 3	Jun 8	Jun 29	Aug 3
Jan 9	Jan 30	Mar 6	Feb 9	Mar 2	Apr 6	Mar 9	Mar 30	May 4	Apr 9	Apr 30	Jun 4	May 9	May 30	Jul 4	Jun 9	Jun 30	Aug 4
Jan 10	Jan 31	Mar 7	Feb 10	Mar 3	Apr 7	Mar 10	Mar 31	May 5	Apr 10	May 1	Jun 5	May 10	May 31	Jul 5	Jun 10	Jul 1	Aug 5
Jan 11	Feb 1	Mar 8	Feb 11	Mar 4	Apr 8	Mar 11	Apr 1	May 6	Apr 11	May 2	Jun 6	May 11	Jun 1	Jul 6	Jun 11	Jul 2	Aug 6
Jan 12	Feb 2	Mar 9	Feb 12	Mar 5	Apr 9	Mar 12	Apr 2	May 7	Apr 12	May 3	Jun 7	May 12	Jun 2	Jul 7	Jun 12	Jul 3	Aug 7
Jan 13	Feb 3	Mar 10	Feb 13	Mar 6	Apr 10	Mar 13	Apr 3	May 8	Apr 13	May 4	Jun 8	May 13	Jun 3	Jul 8	Jun 13	Jul 4	Aug 8
Jan 14	Feb 4	Mar 11	Feb 14	Mar 7	Apr 11	Mar 14	Apr 4	May 9	Apr 14	May 5	Jun 9	May 14	Jun 4	Jul 9	Jun 14	Jul 5	Aug 9
Jan 15	Feb 5	Mar 12	Feb 15	Mar 8	Apr 12	Mar 15	Apr 5	May 10	Apr 15	May 6	Jun 10	May 15	Jun 5	Jul 10	Jun 15	Jul 6	Aug 10
Jan 16	Feb 6	Mar 13	Feb 16	Mar 9	Apr 13	Mar 16	Apr 6	May 11	Apr 16	May 7	Jun 11	May 16	Jun 6	Jul 11	Jun 16	Jul 7	Aug 11
Jan 17	Feb 7	Mar 14	Feb 17	Mar 10	Apr 14	Mar 17	Apr 7	May 12	Apr 17	May 8	Jun 12	May 17	Jun 7	Jul 12	Jun 17	Jul 8	Aug 12
Jan 18	Feb 8	Mar 15	Feb 18	Mar 11	Apr 15	Mar 18	Apr 8	May 13	Apr 18	May 9	Jun 13	May 18	Jun 8	Jul 13	Jun 18	Jul 9	Aug 13
Jan 19	Feb 9	Mar 16	Feb 19	Mar 12	Apr 16	Mar 19	Apr 9	May 14	Apr 19	May 10	Jun 14	May 19	Jun 9	Jul 14	Jun 19	Jul 10	Aug 14
Jan 20	Feb 10	Mar 17	Feb 20	Mar 13	Apr 17	Mar 20	Apr 10	May 15	Apr 20	May 11	Jun 15	May 20	Jun 10	Jul 15	Jun 20	Jul 11	Aug 15
Jan 21	Feb 11	Mar 18	Feb 21	Mar 14	Apr 18	Mar 21	Apr 11	May 16	Apr 21	May 12	Jun 16	May 21	Jun 11	Jul 16	Jun 21	Jul 12	Aug 16
Jan 22	Feb 12	Mar 19	Feb 22	Mar 15	Apr 19	Mar 22	Apr 12	May 17	Apr 22	May 13	Jun 17	May 22	Jun 12	Jul 17	Jun 22	Jul 13	Aug 17
Jan 23	Feb 13	Mar 20	Feb 23	Mar 16	Apr 20	Mar 23	Apr 13	May 18	Apr 23	May 14	Jun 18	May 23	Jun 13	Jul 18	Jun 23	Jul 14	Aug 18
Jan 24	Feb 14	Mar 21	Feb 24	Mar 17	Apr 21	Mar 24	Apr 14	May 19	Apr 24	May 15	Jun 19	May 24	Jun 14	Jul 19	Jun 24	Jul 15	Aug 19
Jan 25	Feb 15	Mar 22	Feb 25	Mar 18	Apr 22	Mar 25	Apr 15	May 20	Apr 25	May 16	Jun 20	May 25	Jun 15	Jul 20	Jun 25	Jul 16	Aug 20
Jan 26	Feb 16	Mar 23	Feb 26	Mar 19	Apr 23	Mar 26	Apr 16	May 21	Apr 26	May 17	Jun 21	May 26	Jun 16	Jul 21	Jun 26	Jul 17	Aug 21
Jan 27	Feb 17	Mar 24	Feb 27	Mar 20	Apr 24	Mar 27	Apr 17	May 22	Apr 27	May 18	Jun 22	May 27	Jun 17	Jul 22	Jun 27	Jul 18	Aug 22
Jan 28	Feb 18	Mar 25	Feb 28	Mar 21	Apr 25	Mar 28	Apr 18	May 23	Apr 28	May 19	Jun 23	May 28	Jun 18	Jul 23	Jun 28	Jul 19	Aug 23
Jan 29	Feb 19	Mar 26				Mar 29	Apr 19	May 24	Apr 29	May 20	Jun 24	May 29	Jun 19	Jul 24	Jun 29	Jul 20	Aug 24
Jan 30	Feb 20	Mar 27				Mar 30	Apr 20	May 25	Apr 30	May 21	Jun 25	May 30	Jun 20	Jul 25	Jun 30	Jul 21	Aug 25
Jan 31	Feb 21	Mar 28				Mar 31	Apr 21	May 26				May 31	Jun 21	Jul 26			

Postpartum Visit Timeframe



# Postpartum Visit Timeframe

**All Members - Must Complete Postpartum exam 21-56 days after delivering their baby. No exceptions.**

Please use this calendar as a guide to assist Members with scheduling a postpartum visit.  
The visit **MUST** be completed during this time frame.

**Step 1 - Date Member Delivered    Step 2 - Schedule postpartum visit during correct time frame    Step 3 - Instruct member to attend visit as scheduled**

July	Schedule Visit between these dates:		August	Schedule Visit between these dates:		September	Schedule Visit between these dates:		October	Schedule Visit between these dates:		November	Schedule Visit between these dates:		December	Schedule Visit between these dates:	
Date of Delivery	From	To	Date of Delivery	From	To	Date of Delivery	From	To	Date of Delivery	From	To	Date of Delivery	From	To	Date of Delivery	From	To
Jul 1	Jul 22	Aug 26	Aug 1	Aug 22	Sep 26	Sep 1	Sep 22	Oct 27	Oct 1	Oct 22	Nov 26	Nov 1	Nov 22	Dec 27	Dec 1	Dec 22	Jan 26
Jul 2	Jul 23	Aug 27	Aug 2	Aug 23	Sep 27	Sep 2	Sep 23	Oct 28	Oct 2	Oct 23	Nov 27	Nov 2	Nov 23	Dec 28	Dec 2	Dec 23	Jan 27
Jul 3	Jul 24	Aug 28	Aug 3	Aug 24	Sep 28	Sep 3	Sep 24	Oct 29	Oct 3	Oct 24	Nov 28	Nov 3	Nov 24	Dec 29	Dec 3	Dec 24	Jan 28
Jul 4	Jul 25	Aug 29	Aug 4	Aug 25	Sep 29	Sep 4	Sep 25	Oct 30	Oct 4	Oct 25	Nov 29	Nov 4	Nov 25	Dec 30	Dec 4	Dec 25	Jan 29
Jul 5	Jul 26	Aug 30	Aug 5	Aug 26	Sep 30	Sep 5	Sep 26	Oct 31	Oct 5	Oct 26	Nov 30	Nov 5	Nov 26	Dec 31	Dec 5	Dec 26	Jan 30
Jul 6	Jul 27	Aug 31	Aug 6	Aug 27	Oct 1	Sep 6	Sep 27	Nov 1	Oct 6	Oct 27	Dec 1	Nov 6	Nov 27	Jan 1	Dec 6	Dec 27	Jan 31
Jul 7	Jul 28	Sep 1	Aug 7	Aug 28	Oct 2	Sep 7	Sep 28	Nov 2	Oct 7	Oct 28	Dec 2	Nov 7	Nov 28	Jan 2	Dec 7	Dec 28	Feb 1
Jul 8	Jul 29	Sep 2	Aug 8	Aug 29	Oct 3	Sep 8	Sep 29	Nov 3	Oct 8	Oct 29	Dec 3	Nov 8	Nov 29	Jan 3	Dec 8	Dec 29	Feb 2
Jul 9	Jul 30	Sep 3	Aug 9	Aug 30	Oct 4	Sep 9	Sep 30	Nov 4	Oct 9	Oct 30	Dec 4	Nov 9	Nov 30	Jan 4	Dec 9	Dec 30	Feb 3
Jul 10	Jul 31	Sep 4	Aug 10	Aug 31	Oct 5	Sep 10	Oct 1	Nov 5	Oct 10	Oct 31	Dec 5	Nov 10	Dec 1	Jan 5	Dec 10	Dec 31	Feb 4
Jul 11	Aug 1	Sep 5	Aug 11	Sep 1	Oct 6	Sep 11	Oct 2	Nov 6	Oct 11	Nov 1	Dec 6	Nov 11	Dec 2	Jan 6	Dec 11	Jan 1	Feb 5
Jul 12	Aug 2	Sep 6	Aug 12	Sep 2	Oct 7	Sep 12	Oct 3	Nov 7	Oct 12	Nov 2	Dec 7	Nov 12	Dec 3	Jan 7	Dec 12	Jan 2	Feb 6
Jul 13	Aug 3	Sep 7	Aug 13	Sep 3	Oct 8	Sep 13	Oct 4	Nov 8	Oct 13	Nov 3	Dec 8	Nov 13	Dec 4	Jan 8	Dec 13	Jan 3	Feb 7
Jul 14	Aug 4	Sep 8	Aug 14	Sep 4	Oct 9	Sep 14	Oct 5	Nov 9	Oct 14	Nov 4	Dec 9	Nov 14	Dec 5	Jan 9	Dec 14	Jan 4	Feb 8
Jul 15	Aug 5	Sep 9	Aug 15	Sep 5	Oct 10	Sep 15	Oct 6	Nov 10	Oct 15	Nov 5	Dec 10	Nov 15	Dec 6	Jan 10	Dec 15	Jan 5	Feb 9
Jul 16	Aug 6	Sep 10	Aug 16	Sep 6	Oct 11	Sep 16	Oct 7	Nov 11	Oct 16	Nov 6	Dec 11	Nov 16	Dec 7	Jan 11	Dec 16	Jan 6	Feb 10
Jul 17	Aug 7	Sep 11	Aug 17	Sep 7	Oct 12	Sep 17	Oct 8	Nov 12	Oct 17	Nov 7	Dec 12	Nov 17	Dec 8	Jan 12	Dec 17	Jan 7	Feb 11
Jul 18	Aug 8	Sep 12	Aug 18	Sep 8	Oct 13	Sep 18	Oct 9	Nov 13	Oct 18	Nov 8	Dec 13	Nov 18	Dec 9	Jan 13	Dec 18	Jan 8	Feb 12
Jul 19	Aug 9	Sep 13	Aug 19	Sep 9	Oct 14	Sep 19	Oct 10	Nov 14	Oct 19	Nov 9	Dec 14	Nov 19	Dec 10	Jan 14	Dec 19	Jan 9	Feb 13
Jul 20	Aug 10	Sep 14	Aug 20	Sep 10	Oct 15	Sep 20	Oct 11	Nov 15	Oct 20	Nov 10	Dec 15	Nov 20	Dec 11	Jan 15	Dec 20	Jan 10	Feb 14
Jul 21	Aug 11	Sep 15	Aug 21	Sep 11	Oct 16	Sep 21	Oct 12	Nov 16	Oct 21	Nov 11	Dec 16	Nov 21	Dec 12	Jan 16	Dec 21	Jan 11	Feb 15
Jul 22	Aug 12	Sep 16	Aug 22	Sep 12	Oct 17	Sep 22	Oct 13	Nov 17	Oct 22	Nov 12	Dec 17	Nov 22	Dec 13	Jan 17	Dec 22	Jan 12	Feb 16
Jul 23	Aug 13	Sep 17	Aug 23	Sep 13	Oct 18	Sep 23	Oct 14	Nov 18	Oct 23	Nov 13	Dec 18	Nov 23	Dec 14	Jan 18	Dec 23	Jan 13	Feb 17
Jul 24	Aug 14	Sep 18	Aug 24	Sep 14	Oct 19	Sep 24	Oct 15	Nov 19	Oct 24	Nov 14	Dec 19	Nov 24	Dec 15	Jan 19	Dec 24	Jan 14	Feb 18
Jul 25	Aug 15	Sep 19	Aug 25	Sep 15	Oct 20	Sep 25	Oct 16	Nov 20	Oct 25	Nov 15	Dec 20	Nov 25	Dec 16	Jan 20	Dec 25	Jan 15	Feb 19
Jul 26	Aug 16	Sep 20	Aug 26	Sep 16	Oct 21	Sep 26	Oct 17	Nov 21	Oct 26	Nov 16	Dec 21	Nov 26	Dec 17	Jan 21	Dec 26	Jan 16	Feb 20
Jul 27	Aug 17	Sep 21	Aug 27	Sep 17	Oct 22	Sep 27	Oct 18	Nov 22	Oct 27	Nov 17	Dec 22	Nov 27	Dec 18	Jan 22	Dec 27	Jan 17	Feb 21
Jul 28	Aug 18	Sep 22	Aug 28	Sep 18	Oct 23	Sep 28	Oct 19	Nov 23	Oct 28	Nov 18	Dec 23	Nov 28	Dec 19	Jan 23	Dec 28	Jan 18	Feb 22
Jul 29	Aug 19	Sep 23	Aug 29	Sep 19	Oct 24	Sep 29	Oct 20	Nov 24	Oct 29	Nov 19	Dec 24	Nov 29	Dec 20	Jan 24	Dec 29	Jan 19	Feb 23
Jul 30	Aug 20	Sep 24	Aug 30	Sep 20	Oct 25	Sep 30	Oct 21	Nov 25	Oct 30	Nov 20	Dec 25	Nov 30	Dec 21	Jan 25	Dec 30	Jan 20	Feb 24
Jul 31	Aug 21	Sep 25	Aug 31	Sep 21	Oct 26				Oct 31	Nov 21	Dec 26				Dec 31	Jan 21	Feb 25

Postpartum Visit Timeframe