REX Women's Center

where every baby is a special delivery

At REX Women's Center, we know every baby is special and every birth experience is unique. That's why we have created the perfect environment in which you and your family can share one of life's most amazing moments. Whether this is your first baby or a new addition to your growing family, our experienced team of obstetricians, pediatricians, neonatologists, anesthesiologists, neonatal nurse practitioners, lactation consultants and nursing staff is committed to providing you and your family with a beautiful and healthy birth experience.

Care that is centered around you and your family – it's why more moms choose to have their babies at REX Women's Center than at any other birth center in the Triangle.

UNC REX HEALTHCARE

Visit rexhealth.com/maternity for more information.

Before Your Baby Arrives

Tours and Classes
Take a tour of our birthing center and get the facts about our anesthesiology services, level IV NICU, visitation hours, room service and pregnancy/parenting classes.

To register for a tour or class, visit rexhealth.com/maternity. Classes fill up quickly, so sign up in your **FIRST** trimester for classes to be taken in your **THIRD** trimester.

Financial Information
Before your due date, please call your insurance company to review your maternity coverage. You may be responsible for any charges not covered by your health insurance.

PLEASE NOTE: Physicians (Emergency and OB Emergency, Pediatricians, Anesthesiologists, etc.) and other providers will bill separately.

UNC REX Healthcare will request payment of your estimated amount due during your stay. This may include **any estimated amounts due, to include co-pay, co-insurance, deductible, self-pay amounts, or related deposits.**

For questions or information regarding payment arrangements or financial assistance, please call (800) 594-8624.

Finding a Pediatrician or Other Physicians
UNC Physicians Network pediatricians and family practices are here for you and your new baby every step of the way. Compassionate, child-centered care is our mission. Visit uncpn.com to find a UNCPN practice near you.

For additional physician practices in our community, call (919) 784-4490 or visit rexhealth.com.

Free Pregnancy/Parenting Newsletter and Mobile App
Visit rexhealth.com/maternity to sign up for a weekly e-newsletter from week seven of your pregnancy through the first year of your baby's life. Also, download the free UNC REX Pregnancy & Baby mobile app.

Gestational Diabetes Support
To reach registered dieticians and nurses at the REX Diabetes Education Center, call (919) 784-3756.

UNC Maternal-Fetal Medicine at REX
UNC Maternal-Fetal Medicine specialists provide consultations, diagnosis and continuing care. For more information, call (919) 784-6425.

UNC Center for Women's Mood Disorders at REX
To receive expert help in evaluation and treatment of mood disorders that occur during periods of hormonal change, such as anxiety and depression both before and after childbirth, call (919) 966-5217.

Physical Therapy Program
Licensed physical therapists work with expectant and new moms.
To learn more, call (919) 784-4696.

Pre & Post Natal Fitness Programs
REX Wellness Centers offer three types of yoga and fitness programs specifically designed for the needs of both expectant and new moms, including a Mommy and Me Yoga class for moms and non-mobile babies age 6-weeks to 6-months. For information, call (919) 784-1371.

Remember Pre-registration
Visit rexhealth.com to pre-register online. You can also download and mail completed registration forms. Registration is due six to eight weeks prior to your due date. For information, call (919) 784-3257.

After Your Baby Arrives

Carolinas Cord Blood Program
We are a collection site for the Carolinas Cord Blood Bank. For information, call (919) 668-1116.

Child Passenger Seat Safety
We have certified child passenger safety technicians on staff. For more information, call (919) 784-1802.

First Photos
REX Women's Center partners with Bella Baby Photography to offer parents professional mini-photo shoots in the comfort of their hospital room. For more information, call (877) 817-8830.

Lactation Services
REX Women's Center provides support with breastfeeding from earliest consideration through returning to home or work. For more information, call (919) 784-3224.

Postpartum Education and Support, Inc.
Moms Supporting Moms is a support group for women experiencing anxiety, depression and/or adjustment difficulties related to childbirth and new motherhood. To learn more, call (919) 454-6946.

Safety
REX Women's Center is proud to offer state-of-the-art security and monitoring systems for you and your baby. To learn more, call (919) 784-3100.

Special Needs Care
REX Women's Center provides 24 hour neonatology and anesthesiology services onsite, a newborn and level IV neonatal intensive care unit, surgery suites and a lactation store.

Pregnancy "To-Do" List

First Trimester

- ☐ Select a health care provider and schedule an appointment.
- ☐ Register for childbirth classes. For a complete list of classes and to register online, **visit rexhealth.com**.
- ☐ **DOWNLOAD the FREE UNC REX Pregnancy and Baby App from the Apple or Android app store.**
- ☐ **Sign-up for the free Pregnancy and Parenting newsletter at rexhealth.com.**
- ☐ Check insurance coverage for maternity benefits and adding a baby.
- ☐ Eat right! Select foods rich in protein, calcium, folic acid, vitamins and iron.
- ☐ Begin prenatal vitamins.
- ☐ Continue exercise as directed by your health care provider.
- ☐ Review finances, and begin to budget for the baby. **Plan for co-payments/co-insurance payments collected on day of discharge.**

Second Trimester

- ☐ **Submit hospital registration papers at least eight weeks prior to your due date. Visit rexhealth.com/maternity to preregister online.**
- ☐ Continue to eat well, and exercise as directed by your health care provider.
- ☐ Make a list of questions to take to each check-up and discuss with your health care provider.
- ☐ Begin your baby "wish list."
- ☐ Visit pediatric offices, and choose a pediatrician.
- ☐ Practice Kegel exercises.
- ☐ Shop for maternity clothes.

Third Trimester

- ☐ Continue Kegel exercises.
- ☐ Review schedule and take childbirth classes you registered for during the first trimester.
- ☐ Tour the REX Women's Center as needed.
- ☐ Register at a baby supply store to let friends and family know what you would like.
- ☐ Choose baby names.
- ☐ Arrange for help at home after the baby is born.
- ☐ Purchase at least one nursing bra for your trip to the hospital.
- ☐ Discuss your birth experience options or birth plan with your health care provider.
- ☐ **Install child safety seat at least three weeks prior to due date. Have your installation checked by a certified child passenger safety technician.**
- ☐ Assemble crib, changing table and complete nursery. Wash all baby clothes and linens.
- ☐ Arrange transportation for 11 a.m. on day of discharge.
- ☐ Pack your labor and post-partum bags.

Labor Bag

- ☐ Driver's license and insurance card
- ☐ Robe
- ☐ Slippers
- ☐ Warm socks
- ☐ Snacks/drinks for birth partner
- ☐ Books/magazines
- ☐ iPod or other handheld device (must be battery powered)
- ☐ Lip balm
- ☐ Camera with spare battery
- ☐ List of important phone numbers
- ☐ Small amount of money for partner (leave valuables at home)
- ☐ Toothbrush and toothpaste

Postpartum Bag

- ☐ Nightgown (nursing gown if breastfeeding)
- ☐ Nursing bra with absorbent breast pads
- ☐ Toiletries
- ☐ Hairbrush
- ☐ Shampoo, conditioner, soap, face wash
- ☐ Maternity outfit for going home
- ☐ Pen, paper, notebook and thank you notes
- ☐ Small amount of money for food for partner
- ☐ Gift for sibling from new baby
- ☐ Two baby outfits
- ☐ Four receiving blankets

UNC REX HEALTHCARE

4420 Lake Boone Trail
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chosen for excellence

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