

**Mission**  
Improving health, healing people.

**Vision**  
**Always better care.**  
**Every person, every time...together.**

**Values**



FLAGSTAFF  
MEDICAL  
CENTER

# Labor and Delivery



**Pre-Admission to  
Flagstaff Medical Center  
Birth and Wellness Center**

**928-214-3993**



Northern Arizona Healthcare

**NAHealth.com**

NAH Comm Feb 2020



Northern Arizona Healthcare

# FMC's Birth and Wellness Center

## Pre-Admission Phone Profile

- Please call FMC's Birth and Wellness Center at 928-214-3993 to schedule your pre-admission phone profile appointment and Birth and Wellness Center tour.
- The ideal time for your appointment is when you are 30 weeks pregnant.
- The pre-admission appointment with your Labor and Delivery nurse takes approximately 30 minutes to complete.
- At this appointment, you will provide your medical and obstetrical history; important information about your current pregnancy; plan for pain management; and health insurance information.
- Please schedule your appointment for a time when you will be in a private environment with minimal distractions, as we will be discussing sensitive information regarding your health history.

## Your Well-Being Counts

- During your phone profile appointment with your nurse, you will have the opportunity to ask questions and talk about your needs and plans. This is the beginning of the development of your birth plan and individualized plan of care. We want your stay at FMC to be a positive experience for you and your family. This planning process helps us to be ready for your arrival and provide you with excellent patient focused care.
- Just as you have your own physician, you will also need to choose a physician who will care for your baby after the birth. If you already have a physician who cares for your children, you can let the profile nurse know his or her name during this pre-admission phone profile.

- We hope that your pre-admission phone profile with your nurse and/or your tour of the Birth and Wellness Center will help you become familiar with our services, our setting and our dedication to our vision: Always better care. Every person, every time...together.

## Childbirth Education, Parenting and Sibling Classes

We offer a variety of classes whether this is your first or last pregnancy (even if you have already delivered). Boot Camp for New Dads and sibling classes are also available. For information about available topics, expectant parents may visit:

- [NAHealth.com/women-infants-center](http://NAHealth.com/women-infants-center)
  - Access a downloadable version of our mother and infant care booklet, "Where Every Moment Matters."
  - Find breastfeeding information.
  - Get Postpartum Depression Support Group information.
- Review class descriptions and schedules and register online at:
  - [NAHealth.com/women-infants-center/labor-and-delivery-classes](http://NAHealth.com/women-infants-center/labor-and-delivery-classes)

