



Mary's
Center

Prenatal Care Guide



Table of Contents

- 01** **Mission and Philosophy**
- 02** **Locations and Clinic Hours**
- 03** **Contact Information**
- 04** **Insurance and Billing**
- 05** **Meet the Team**
- 06** **First Trimester**
- 07** **Second Trimester**
- 08** **Third Trimester**
- 09** **Hospital Affiliations**
- 10** **Postpartum Care Schedule**

Mission and Philosophy



At Mary's Center, our healthcare team takes care of pregnant people and their babies. We track health through regular check-ups, tests, ultrasounds, and advice on eating healthy.

We know that being pregnant can be an emotional experience. Our team works to create a strong relationship with pregnant people and their partners. We communicate often to help families make confident choices about their care and needs.

Our team provides care that is kind and understanding of different cultures. We pay attention to all aspects of the individual and baby. Our goal is to give families a positive experience for the birth of their child.

Locations and Clinic Hours

Washington, D.C.



Adams Morgan

2333 Ontario Road, NW
Washington, DC 20009

Sonography

Tues – Fri: 8:00 am – 4:30 pm



Petworth

3912 Georgia Avenue, NW
Washington, DC 20011



Silver Spring

344 University Blvd, West
Silver Spring, MD 20901

Sonography

Mon – Thurs: 8:00 am – 4:30 pm



Fort Totten

100 Gallatin Street, NE
Washington, DC 20010



Medical & Laboratory Hours

Mon – Fri: 9:00 am – 5:00 pm
Sat & Sun: Closed

Maryland



Adelphi

8908 Riggs Road
Adelphi, MD 20783

Contact Information


We are accepting new patients!



FOR EMERGENCIES: CALL 911

Appointment Line

(844) 796-2797


 **6:30 am-8:00 pm daily, including weekends and holidays.**

 **Request an appointment online through the Patient Portal or Healow App.**

For more information:
patient.portal@maryscenter.org

SPEAK-UP & Report Line

(844) 237-8634

 **Report any feedback (good or bad) you may have.**

Reporting online:
maryscenter.ethicspoint.com

After Hours/Nurse Lines

(202) 745-3123

 **For current Mary's Center participants contacting a nurse.**

 **If you are having a behavioral health crisis:**

 **988**



Insurance and Billing



Mary's Center accepts Medicaid and most Washington D.C. and Maryland insurance plans. If you are not sure if we take your insurance, please refer to our website or call us at (844) 796-2797.

If you DO NOT have insurance



Mary's Center sees all patients regardless of insurance status. We will help you determine if you can get insurance or any type of coverage.



Washington, DC Residents - If you want more information on pregnancy or postpartum coverage:



202-727-5355



<https://districtdirect.dc.gov/ua/>



Maryland Residents - If you want more information on pregnancy or postpartum coverage:



1-855-642-8572



marylandhealthconnection.gov



Mary's Center offers a Sliding Fee Discount Program if you do not have insurance and cannot afford to pay.

Meet the Team



Mary's Center

* on an as needed basis

Please visit the Mary's Center website to see our current team members!

Clinicians

You can receive care from an **Obstetrician/Gynecologist, Physician Assistant, Certified Nurse Midwife, Registered Nurse, and/or Behavioral Health Clinician***.




What we do:

-  Pregnancy/Gynecologic Care
-  Perinatal Mental Health Support
-  Education and Resources

Support Staff

You can receive additional support from a **Family Support Worker, Perinatal Care Coordinator, and/or Obstetric Care Coordinator***.

What we do:

-  Social Services and Resources
-  Guidance and Education
-  Support overall wellbeing



First Trimester

(0 weeks -13 weeks and 6 days)

* on an as needed basis

 Appointments every 4 weeks
(once a month)

 Ultrasound between 6-9
weeks

 Initial labs & bloodwork
Optional Genetic testing

 Vaccines: Flu and Covid*




Paperwork

 Proof of Pregnancy for WIC*

 Letter for Dental Care

Prepare for Delivery

 Meet with a Family Support Worker to learn about pregnancy assistance programs.

 If you are assigned a Care Coordinator*, expect a call for additional pregnancy information.

Second Trimester

* on an as needed basis

(14 weeks and 0 days - 27 weeks and 6 days)



Appointments every **4 weeks**, then every **2 weeks** in the second half of the trimester



Ultrasound around **20 weeks**



Labs and bloodwork between **15-20 weeks**, again between **24-28 weeks**



Vaccines: Tdap, RhoGam injection*, Flu and Covid*



Prepare for Delivery



Choose the hospital you would like to deliver at.




Discuss delivery plans with your healthcare provider.

Third Trimester

* on an as needed basis

(28 weeks and 0 days- 41 weeks and 6 days)

 Appointments every **2 weeks**, then every **1 week** in the second half of the trimester

 Ultrasound around **32 weeks**




 Labs and cultures at **36 weeks**

 Vaccines: **RSV, Flu and Covid***






Paperwork

2 week turn-around with clinician signature

-  Letters for parental work leave (FMLA)
-  Letter for D.C. Paid Family Leave*
-  Short Term Disability Forms*

Prepare for Delivery

-  Pack a hospital bag with clothes (for you and baby), toiletries, and a breast pump*.
-  Bring insurance information and any necessary paperwork.
-  Bring a carrier for your baby or install a carseat in your vehicle.

Hospitals: Labor and Delivery

Washington, D.C.



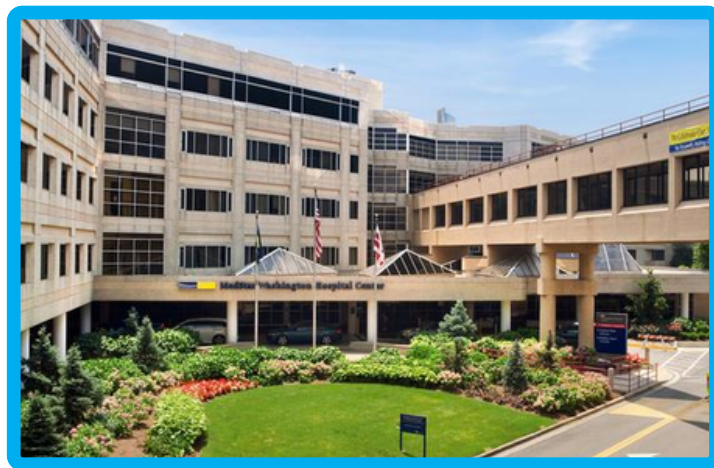
Adventist Healthcare & Howard University Hospital

2041 Georgia Avenue, NW
Washington, DC 20060
(202) 865-6100



Medstar Washington Hospital Center

110 Irving Street, NW
Washington, DC 20010
(202) 877-7000



Our providers
work closely with the
following hospitals:

Maryland



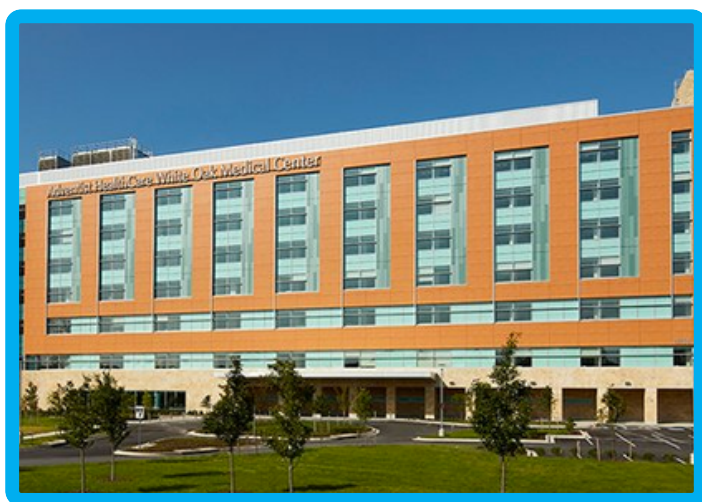
Adventist White Oak Medical Center (Silver Spring)

11890 Healing Way
Silver Spring, MD 20904
(240) 637-4000



University of Maryland Medical Systems

Capitol Region (Largo)
901 Harry S. Truman Drive
Largo, MD 20774
(240) 677-1000



10

* on an as needed basis

Postpartum Period

Care Schedule



1 week post-delivery*



2 weeks post-delivery



6 weeks post-delivery



Vaccines: Flu and Covid*



Next Steps

We are here to help! Your care team will offer the following services:



Contraception and Reproductive Health



Breastfeeding Support



Postpartum Recovery



Primary Care



Pediatric Care (for baby)



Cancer Screenings



Routine Vaccinations



Mary's Center

Thank you for choosing Mary's Center for your health care services! We hope you will benefit from this guide and our expert care team during your pregnancy.



www.maryscenter.org

Wishing you a happy and healthy pregnancy!