

## Prenatal Education and Support Services

Whether you're a first-time mom or adding another child to your family, a little help goes a long way. HonorHealth offers a wide variety of support services and instructional classes to families who deliver at our Family Birthing Centers:

- Newborn Care.
- Preparing for Childbirth.
- Preparing for Cesarean Section.
- Breastfeeding.
- Training Camp for New Dads.
- Sibling Preparation.
- Infant CPR.
- Infant Massage Instruction
- Moms on the Move (MOM)
- Pregnancy and Postpartum Depression Support Group

For a complete list of classes and support groups visit [honorhealth.com/maternity](http://honorhealth.com/maternity) or call 623-580-5800.



## WELCOME TO HONORHEALTH, YOUR PARTNER IN CARE

HonorHealth was formed by a merger between Scottsdale Healthcare and John C. Lincoln Health Network. HonorHealth's mission is to improve the health and well-being of those we serve. The healthcare system encompasses:

### Five acute-care hospitals:

- HonorHealth Deer Valley Medical Center.
- HonorHealth John C. Lincoln Medical Center.
- HonorHealth Scottsdale Osborn Medical Center.
- HonorHealth Scottsdale Shea Medical Center.
- HonorHealth Scottsdale Thompson Peak Medical Center.

### Specialized patient care:

- Breast Health and Research Center.
- Greenbaum Specialty Surgical Hospital.
- Heart and Vascular Institute.
- HonorHealth Virginia G. Piper Cancer Care Network.
- Medical Group.
- Piper Surgery Center.
- Rehabilitation Hospital.
- Research Institute.
- Sonoran Health and Emergency Center.
- Virginia G. Piper Cancer Center.
- Virginia G. Piper Pediatric Center of Excellence - Children's Emergency Center.
- Extensive specialty care physician practices, outpatient treatment and surgery centers, medical imaging and much more.

### Foundation and community services:

- Adult Day Healthcare.
- Desert Mission Food Bank.
- HonorHealth Foundation.
- Lincoln Learning Center.
- Neighborhood Renewal Center.
- Neighborhood Outreach Access to Health.

Together, we can make quality care more personal and accessible. Learn more at [HonorHealth.com](http://HonorHealth.com).



Honor Family

## MATERNITY SERVICES

HONORHEALTH®



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HONORHEALTH®



You can count on expert care and support that's centered on you and your newborn when you have your baby at one of HonorHealth's medical centers.

## Family Birthing Centers

Your child's birth is a milestone event in your life, so the decision on where to deliver your baby is important.

Most importantly, you will have peace of mind knowing an experienced team of physicians and nurses are on hand to answer any question or meet any need.

The maternity facilities at **HonorHealth Scottsdale Shea** and **HonorHealth Scottsdale Osborn** medical centers feature private rooms with a warm, home-like environment. Each room has a Jacuzzi tub, free WiFi, microwave, refrigerator and television, plus room service to enjoy at your convenience.



## Free Prenatal Tours

You're invited to take a tour of our facilities so you can feel comfortable about your choice of where to have your baby. You'll learn about our birthing settings and services during these personal tours.

To schedule a prenatal tour, call 623-580-5800 or register online at [honorhealth.com/maternity](https://honorhealth.com/maternity).

## Neonatal Intensive Care Unit

If you're a mother-to-be with a high-risk pregnancy or you have a critically ill newborn, Scottsdale Shea Medical Center has a Level III neonatal intensive care unit. It's the state's highest certification for the care of premature newborns.

Scottsdale Osborn Medical Center is a level II special care nursery.

Both advanced facilities are certified by the Arizona Perinatal Trust and allow you and your baby to receive specialized care closer to home.

## High-Risk Obstetrics

Maternal-fetal medicine and high-risk obstetrics medical teams are available to help you, if needed, to manage complications with birth. If you're faced with premature labor, preeclampsia, genetic diseases, a multiple birth, or other medical complications, you can expect the right care from our team. These professionals also can help you with prenatal diagnosis and therapy.

## Simplified Registration

You can submit the necessary paperwork before your special day by pre-registering online. Simplify the process by visiting [HonorHealth.com/prereg](https://honorhealth.com/prereg).



## Spa Services

When you're pregnant, you want to be pampered. You want to know that the staff members caring for you recognize that even the smallest details can make a big difference in your maternity experience.

Essential Touch Wellness Center offers pre-natal and post-natal spa services help to reduce stress and create a foundation of well-being. You also can choose from specialty items for expecting and new moms, including nursing bras, breast pump rental and much more.

To arrange for spa services or reserve your breast pump rental, call 480-323-3655.