



## 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
- ✓ Infant CPR
- ✓ New Moms Support Group (formerly Moms on the Move)
- ✓ Pregnancy and postpartum depression support group

For a complete list of classes and support groups visit **HonorHealth.com/Maternity** or call **623-580-5800**.

**HONORHEALTH®**

**HONOR ABOVE ALL.**

[HonorHealth.com/Maternity](https://HonorHealth.com/Maternity)

**HONORHEALTH®**

**HONOR ABOVE ALL.**



## MATERNITY SERVICES

Going the extra mile for you and your little one every step of the way.



**You can count on expert care and support that's centered around 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 essential.

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 Osborn, and Sonoran Crossing medical centers feature private rooms with a warm, home-like environment. Each room has free WiFi, a microwave, refrigerator and television.



## Virtual Prenatal Tours

You're invited to take a virtual tour of our facilities so you can feel comfortable about your choice of where to have your baby.

➔ **HonorHealth.com/tours**

## 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.

Sonoran Crossing Medical Center provides care for low-risk babies (34 weeks of age and older).

## 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.**



## 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- 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.**