

Enrollment Questionnaire

The information you provide is confidential and will not affect your health benefits. The best answer is an honest one so we can help support you during your pregnancy. Please return the questionnaire, even if you choose to leave some questions unanswered.

 First Name Last Name Health Insurance ID#

1. Today's date ____ / ____ / ____
2. What is your date of birth? ____ / ____ / ____
3. When is your baby due? ____ / ____ / ____
4. OB Provider _____ Phone _____
 Address _____ City _____ State ____ Zip _____
5. When was your first prenatal visit? ____ / ____ / ____
6. You are expecting: One Baby Twins Triplets
7. Have you had problems with any of the following during your current or previous pregnancy(ies)?

Please check the appropriate box(es)	Current Pregnancy	Previous Pregnancy
Cerclage (cervix was stitched closed)		
Gestational diabetes (diabetes only during your pregnancy)		
Group B Strep infection		
High blood pressure (toxemia, pre-eclampsia, or pregnancy induced hypertension)		
Kidney or bladder infections		
Oligohydramnios (too little fluid surrounding the baby)		
Persistent vomiting		
Placenta previa (placenta lies low in the uterus, partially or completely covering the cervix)		
Polyhydramnios (too much fluid surrounding the baby)		
Premature rupture of membranes		
Preterm labor (labor starts before the 37th week of pregnancy)		
Vaginal bleeding		

8. List all of your previous pregnancies (please attach additional sheet if necessary):

No.	Date	No. of weeks pregnancy lasted	Pregnancy ended by vaginal delivery, cesarean, miscarriage or abortion?	Baby's weight	Boy or Girl
	2/15/89	9	Miscarriage (SAMPLE)	Unknown	Unknown
	6/15/93	40	Vaginal delivery (SAMPLE)	6 lbs 2	Boy
1					
2					
3					
4					

9. List any medications you commonly use (including prescriptions, herbal/homeopathic treatments, over the counter medications such as pain relievers, antihistamines, and vitamins including prenatal vitamins): _____



- 10. Is your blood type Rh negative? Yes No
- 11. What is your height? _____ Pre-pregnancy weight? _____
- 12. How many servings of each food group do you eat during an average day? Breads/Cereals _____ Meat/Protein _____ Vegetables _____ Fats/Oils _____ Fruits _____ Fluids (8 oz cups) _____ Milk/Dairy _____
- 13. Do you exercise on a regular basis? No Yes
How many hours per week? _____
Which days of the week? _____
- 14. Do you, the father of your baby, or any of your children have a history of any genetic diseases (including, but not limited to, Down Syndrome, spinal cord defects, hemophilia, muscular dystrophy, etc.)? Yes (list condition) _____

Who?
 You Baby's father Your Child No I don't know
- 15. Did your mother take DES (Diethylstilbestrol; was used until 1971 to prevent miscarriages) while she was pregnant with you?
 Yes No I don't know
- 16. Do you have a history of any of the following when you're not pregnant (check all that apply):
 Allergies _____
 Anemia (needing treatment) _____
 Anxiety
 Asthma
 Depression
 Diabetes Type I Type II
 Eating disorder _____
 Heart disease (treatment) _____
 Hepatitis A B C
 Herpes Mouth Genitals
 High blood pressure What is normal for you? _____
 HIV Positive
 Hospitalized for mental health condition _____
 Infertility _____
 Lupus
 Multiple Sclerosis
 Seizure disorder (treatment)
 Sexually transmitted disease _____
 Surgery (list) _____

 Thrombophlebitis (blood clots in your legs)
 Uterine fibroids and or abnormalities
 Other _____
 None of the above
- 17. Have you had chickenpox or the vaccine for chickenpox?
 Yes No
- 18. Do you smoke? Yes Less than 1 pack per day
 More than 1 pack per day No
 Someone else in my household smokes
- 19. Since you've known you are pregnant, how many alcoholic beverages do you drink each week, if any?
 None 1 to 2 drinks more than 2 drinks
- 20. Since you've known you are pregnant, have you used any recreational drugs (e.g. cocaine, marijuana, etc.)?
 No Yes (please list) _____
- 21. Abuse during pregnancy carries a higher risk of prematurity and is more common than most people realize. Abuse is defined as being hit, slapped, kicked, forced to have sex, or otherwise physically hurt by anyone. During the past year have you suffered any type of abuse? Yes No
- 22. Rate your overall stress level on a scale of 1-10 (1 Low – 10 High)

- 23. Which of the following best describes your current support system (check all that apply)? Spouse/Partner Family Friends
 Club/Organization Church None Other _____
- 24. What is your marital status? _____
- 25. What is your ethnic origin?
 African American Asian Caucasian Hispanic
 Native American Other _____
- 26. What is the highest grade level you have completed? _____
- 27. Are you currently employed? No Yes
How many hours per week? _____
- 28. What is the best way for us to reach you during the day?
 By phone _____ work/home/cell (circle)
 By e-mail _____ @ _____

To protect your privacy, we will not share your personal information with anyone else when calling the number listed above unless you return the signed **Authorization to disclose protected health information** form included in this mailing that indicates who we have permission to talk to. Thank you for taking the time to respond to our questionnaire. We encourage your questions and concerns, and look forward to working with you throughout your pregnancy.

Book order

(Circle one below and return to us. Elige una abajo.)

Name: _____

Mailing Address for Book: _____

Your Pregnancy Week by Week 5th edition

by Glade Curtis, M.D. & Judith Schuler, M.S.
The most complete and up-to-date information about pregnancy presented in a unique week by week format. Each chapter covers one week in your pregnancy including: your baby's growth and development, health precautions, medicines and medical tests, weekly tip for Dad, journal pages, and much more.

The Good Housekeeping Illustrated Book of Pregnancy & Baby Care

by the Editors of Good Housekeeping. Advice for expectant mothers and parents including over 800 color photographs of pregnant women and newborns. In order to accurately portray body changes that occur during pregnancy, an unclothed model is used in some photographs. This easy to read book covers important topics a woman needs to know before, during, and after a pregnancy. Three books in one featuring pregnancy, baby care, and health care. This revised edition guides parents from the baby's newborn stage through age three.

Your Pregnancy After 35 by Glade B. Curtis, M.D. Having a baby in your late thirties or forties means that you'll need a guide to explain the special milestones you'll be looking to, a guide tailored to your specific needs and interests. Up-to-date and easy to read. *Your Pregnancy After 35* provides reassuring medical information as well as sensible advice about how to fit your pregnancy into your busy life. With *Your Pregnancy After 35* at your side, you'll feel confident about your pregnancy, and you'll be a better partner with your healthcare professional, too.

The Expectant Father An information-packed, month-by-month guide to all the emotional, financial, and yes, even physical changes the father-to-be may experience during the course of his partner's pregnancy.

The Gift of Motherhood Your Personal Journey through Prepared Childbirth, designed to help expectant mothers and their partners prepare for pregnancy and childbirth. Learn at your own speed in your own time frame. This format also allows you to easily review material

of particular importance to you. This state of the art series includes two DVD's that provide approximately two hours of instruction. A 120 page informative and comprehensive book is also included.

What If I Have A C-Section? by Rita Rubin, *USA Today* medical reporter. Thirty years ago, 1 in 20 babies was born by C-section. Today that number has swelled to more than 1 in 4. Whether you're considering an elective C-section, worrying about what you will face should you need surgery, or recovering in the days after your delivery, you'll find the facts in this unbiased, authoritative, reassuring guide.

Mi bebé & yo Por qué se le llama Mi bebé & yo una guía esencial para el embarazo? Presenta lo que cada mujer embarazada necesita saber. Enseña cómo prevenir problemas que pueden tener serias consecuencias para los bebés. Dice porque los hábitos saludables de la madre ayudan al bebé desde antes de nacer. Ayuda a las mujeres a hablar y entender a los profesionales médicos. Usa un lenguaje sencillo que cada mujer puede entender.

La planificación de SU EMBARAZO y PARTO Desde el momento en que se decide tener un hijo, durante el embarazo y el parto y hasta esas importantes primeras semanas de la nueva vida, se ofrecen los mejores consejos para educar, informar, aliviar y preparar a la embarazada para uno de los momentos más excitantes y completos de su vida. Se incluyen: Listas de control y cuestionarios para guiarla durante el embarazo, tablas para seguir el crecimiento de su bebé, Un capítulo sobre lactancia materna totalmente nuevo, Glosario de términos.

Embarazo Y Nacimiento En un lenguaje fácil de entender, le dice todo lo que necesita saber para disfrutar de un embarazo más seguro, y cómodo, para dar la bienvenida a un bebé más saludable. Cada uno de los aspectos es explicado con dibujos sencillos, claros y a dos colores. Éste libro es para toda la familia! Los padres y los niños aprenderán tanto como la mujer embarazada de éste libro.



Regence

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