

Where can my baby get care?

You can come to us for your child’s medical care. Our pediatric care covers children from newborn to 21 years. Our team consists of physicians, nurse practitioners, and nurses. We provide immunizations, WIC, nutrition, breastfeeding support, and counseling. Eligible children from birth to 5 years can receive support from our nurse care manager program called Care Management for At-Risk Children (CMARC).

What do I do if I have a problem?

If you have a problem, call 692-4223 and ask to speak to the clinic nurse, Monday through Friday from 8:00 a.m. – 4:30 p.m. If you need help when we are closed or if you think you are in labor, call the hospital where you plan to deliver:

Pardee Hospital Women and Children’s Center 696-4230

They will ask you questions and tell you to come in to be checked or ask you to wait for a medical provider to call you back.

If early in your pregnancy you have any of the following symptoms, seek help now! You may have a tubal pregnancy, which is an emergency.

- Vaginal bleeding
- Sharp or stabbing pain on one side
- Lightheadedness or dizziness

If at any time in your pregnancy you have any of the following symptoms, call the clinic or go to the hospital:

- Fever over 100.4
- Fluid leaking from the vagina
- Bright red vaginal bleeding
- Headaches, especially with blurred vision or spots in front of your eyes
- Painful, burning, or frequent urination
- Vomiting or diarrhea for more than a day
- Regular and painful contractions
- After 28 weeks, baby has fewer movements

How do I pay for care?

We accept Medicaid and many private insurance plans, cash, or credit cards. Medicaid has different eligibility categories with different types of coverage. Usually Medicaid will pay the doctor and hospital bills for you and your baby. Be sure to ask about your particular Medicaid coverage.

If you are not eligible for Medicaid or if you have limited Medicaid coverage, we will ask you questions to see if you are eligible for a discounted fee based on your income and family size. We will need to see proof of your income such as a pay stub or an employer statement. If your financial situation changes, let us know. After we review your situation, we may ask you to pay a part of the cost, but if you can’t pay, we will still provide the service.

During pregnancy, you may need tests or medical care at another site or you may need to go to the hospital or Emergency Room. The health department is not responsible for costs at another facility.

When you transfer care or when you deliver your baby, the provider you chose will charge you for your care. Your costs will be determined by that practice and/or hospital and by your insurance or Medicaid coverage. The Department of Public Health is not responsible for any cost charged to you after you transfer your prenatal care or when you deliver your baby. Uninsured or low income women may qualify for discounted fees at other offices or hospitals. Please ask someone about such discounts while you are at that office or hospital.

Important Phone Numbers

Henderson County Department of Public Health	692-4223
Pardee Women and Children’s Center	696-4230
Apple Country Transit (bus service)	698-8571
Medicaid Transportation	694-6161

Henderson County Department of Public Health
1200 Spartanburg Highway, Suite 100 , Hendersonville, NC 28792
828-692-4223 FAX 828-697-4691

www.hendersoncountync.gov/health

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Henderson County Department of Public Health

Prenatal Program Services

Care and Support for Your Pregnancy



- What happens at my prenatal appointments?
- What should I eat while I’m pregnant?
- Do you offer childbirth classes?
- What other support do you offer?
- Who will deliver my baby?
- What do I do if I have a problem?
- How do I pay for my care?
- What other services are available?
- And more....



Public Health
Prevent. Promote. Protect.
Henderson County, NC

How do I make an appointment?

To make a prenatal appointment, call 692-4223; press 3 for the appointment line. Appointments are between 8:00 and 4:30. If you have a problem or concern and need to be seen on a day when you don't have an appointment, call to make an appointment the same day. If no appointments are available, ask to speak to a nurse. If getting here is a problem, we can tell you about resources. Try to arrange care for your children during your appointment. We want to give you our full attention.

What happens at my prenatal appointments?

On your first visit, a nurse will ask you questions about your health. Tell us about any concerns you have and about any medicines you take. We'll give you information about having a healthy pregnancy and delivery options. You will also have a physical that includes lab work and a pelvic exam. This should take about three hours. Future visits will be shorter.

Usually your appointments will be scheduled with the same caregiver. We'll do lab work at each visit and discuss the results with you. If we have to send you elsewhere for a service we don't provide, you are responsible for the cost. The Department of Public Health does not pay for any cost charged by a different facility.

After the first visit, your visits will be every 3 – 4 weeks until the 30th week of pregnancy, every 2 weeks from the 30th to 36th week, and then every week until delivery. Some women may need more frequent visits.

For each visit:

- Bring your questions. Writing them down helps you remember.
- Drink plenty of liquids. This will make it easier to give a urine specimen and be ready for blood work to be drawn.
- Eat regular meals unless we tell you not to.
- Take your prescribed medicine, including prenatal vitamins.
- Tell us any health concerns you have.
- Tell us about any changes in the drugs you take.

What should I eat while I'm pregnant?

We'll tell you about foods to eat to stay healthy. As part of our prenatal services, we'll refer you to the Special Supplemental Food Program for Women, Infants, and Children (WIC). WIC helps you get the nutrition you need during pregnancy. If you enroll early in pregnancy, you and your baby will receive the most health benefits. If you are enrolled in WIC, your baby is eligible for WIC too.

If you have any nutrition risks, such as being overweight or underweight, or have gestational diabetes, our nutritionists can help.

We encourage mothers to breastfeed. We provide breastfeeding support to help with breastfeeding questions and problems.

While you're pregnant, be sure to avoid fish high in mercury.

Childbirth classes

Childbirth and infant care classes are offered in the community, some are free, and others may be covered by Medicaid. Ask about cost when you call to register. To register for classes call:

- Pardee Women & Children's Center, call 1-866-790-9355,
- Advent Health, call 828-681-2229,
- Child & Family Resource Center, call 828-698-0674, or
- Mission Hospital, register at www.missionhealth.org/baby

What if I need to talk about my feelings or a personal situation?

Pregnancy can bring up strong emotions, stir old memories or create new challenges. Some women feel very sad or anxious during or after their pregnancy. Others remember bad experiences or have negative experiences during their pregnancy, such as violence or abuse. Our counselor is available to help. Tell your provider if something is bothering you so she can get the help you need.

What other support do you offer?

As part of your prenatal care, our Pregnancy Care Management program pairs you with a public health nurse or social worker who will support you throughout your pregnancy and locate resources you need. She can stay in touch by phone, in the clinic, or at your home. A nurse can also visit you and your baby at home after you leave the hospital. Call 694-6088 to request a visit.

Who will deliver my baby?

UNC Health Pardee

Hendersonville Family Health Center

Pardee Center for Women's Health

Do not change your hospital without telling us. We need to send your records to the right place.

We do not routinely refer to Mission Hospital and Advent Health for delivery. If you have had a C-section and would like to try a vaginal delivery, we'll send you to MAHEC OBGYN for a Mission Hospital delivery. If you prefer to deliver at a different hospital please notify your provider. You will need to transfer care to deliver at a hospital other than Pardee. Your pregnancy may also become complicated or "High-Risk," if this occurs your provider will need to transfer your care to the appropriate services.

What about after the baby is born?

Plan now to prepare for things you'll need after delivery, such as:

Will I breastfeed? How will I feed my baby?

Where will I take my baby for care?

When do I want to have another baby?

Where can I go after delivery?

You can receive medical care with us up to the first two months after you deliver. Beyond that, you may be eligible to receive family planning services with us. Schedule your family planning visit with us 6 weeks after the baby is born. Our Family Planning Services will help you plan for your next pregnancy and find a birth control method that's right for you. Delaying another pregnancy at least 18 months helps you, your new baby, and your next pregnancy.