

MATERNITY CARE



Healthy pregnancies. Healthy babies. Healthy workforce.

It's easy to understand why high-quality maternity care matters to parents-to-be – but it's important to businesses, too. Inside, you'll see how a health plan that offers high-quality, patient-centered maternity care helps you support a healthier workforce.

Coordinated, connected maternity care

Kaiser Permanente care teams delivered more than 116,000 babies in 2017. Our obstetricians, neonatologists, anesthesiologists, midwives, and nurses all work together to deliver high-quality, personalized, compassionate care – before, during, and after childbirth. Our team approach and connected system enable seamless communication and shared decision-making across departments and specialties – and deliver healthy outcomes for your employees and their growing families.

The business case for high-quality maternity care

Childbirth is the number one reason for hospitalization across all ages and populations, and maternity claims are among the most common and costly employer health care expenses.¹ You can help minimize these costs by choosing a health care organization with a proven track record of healthy pregnancies and healthy babies.

Most moms are working moms

More and more women are spending most of their pregnancies – and some of their postpartum recovery time – in the workplace. Getting the right prenatal and postpartum care and support can help them stay present, productive, and engaged.

2 out of 3 first-time moms work during pregnancy²

82%

keep working into their 9th month

59%

go back to work within 3 months of giving birth

80%

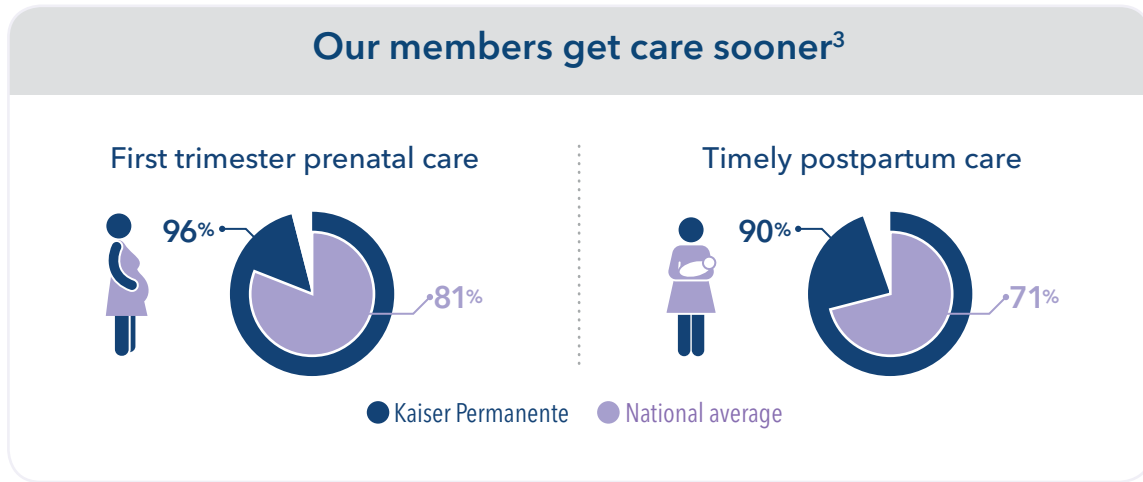
return to the same employer

3 hallmarks of high-quality maternity care

1

Proactive prenatal and postpartum care

We start prenatal care earlier, because the first trimester is the most critical time of a baby’s development, and timely access to care reduces health risks for both mothers and babies. Our members also get postpartum care sooner – setting the stage for long-term health and well-being.



2

Early intervention for high-risk pregnancies

Preterm births cost employers more than \$12 billion in excess health care costs each year – so we provide ongoing care and support designed to help high-risk moms carry their babies to term.⁴ Members at higher risk for complications are automatically enrolled in extensive nursing programs, including preterm birth prevention, diabetes management, and more.

3

Low C-section rates

C-sections are major surgeries that extend hospital stays and recovery times, and cost 50% more than vaginal births.⁵ Many C-sections are literally life-saving, but others are unnecessary – introducing new risks without any associated benefits. At Kaiser Permanente, we perform fewer C-sections overall, and only when medically necessary. In fact, our rate of vaginal births after cesarean (VBAC) is nearly twice the national average.^{6,7}

We perform fewer C-sections

22%

below the national average⁸

Guidance and support at every step

In addition to outstanding clinical care, Kaiser Permanente is committed to helping your employees feel supported, empowered, and prepared for their new arrivals.

Ongoing breastfeeding and bonding support

Because of our integrated care model, we're able to provide comprehensive breastfeeding support across the continuum of care. Members receive guidance through every stage of pregnancy, on delivery day, and after they take their babies home.

Postpartum contraception counseling

Women who get pregnant within 18 months of childbirth are at high risk for delivering prematurely. The shorter the time between pregnancies, the higher the risk. At Kaiser Permanente, support for effective contraception is built into routine postpartum care.

Regular depression screenings

Depression affects 1 in 10 women during pregnancy, and 1 in 7 moms experience postpartum depression.⁹ Screening for depression during prenatal and postpartum visits helps us identify problems early and connect members with mental health support sooner. And Kaiser Permanente initiated universal perinatal depression screenings in 2007 – 8 years before The American College of Obstetricians and Gynecologists officially recommended them in 2015.

Breastfeeding is best – for babies, moms, and businesses

- The longer a mother breastfeeds, the less likely she is to experience serious and costly health conditions like breast cancer, type 2 diabetes, and heart disease.¹⁰
- Breastfed babies have fewer doctor visits, shorter hospital stays, and fewer prescriptions. And their parents miss work to care for them half as often.¹¹
- If 90% of U.S. newborns were exclusively breastfed for the first 6 months, direct medical costs could be reduced by \$13 billion a year.¹²

Breastfeeding rates are higher in our hospitals

45%

above the national average^{13,14}



Discover the value of coordinated, connected maternity care

Quality maternity care is one of the most important things to consider when choosing a health plan, because better care leads to healthier outcomes for your employees and their growing families. At Kaiser Permanente, we use proven best practices to deliver comprehensive care and support before, during, and after childbirth – and a coordinated and connected approach to help moms and babies thrive.

For more information, visit kp.org/choosebetter

¹Kimberly W. McDermott, PhD, et al., “Trends in Hospital Inpatient Stays in the United States, 2005-2014,” Agency for Healthcare Research and Quality, June 2017.

²United States Census Bureau, October 2011.

³Kaiser Permanente 2017 HEDIS® scores. Benchmarks provided by the National Committee for Quality Assurance (NCQA) Quality Compass® and represent all lines of business. Kaiser Permanente combined region scores were provided by the Kaiser Permanente Department of Care and Service Quality. The source for data contained in this publication is Quality Compass 2017 and is used with the permission of NCQA. Quality Compass 2017 includes certain CAHPS® data. Any data display, analysis, interpretation, or conclusion based on these data is solely that of the authors, and NCQA specifically disclaims responsibility for any such display, analysis, interpretation, or conclusion. Quality Compass® and HEDIS® are registered trademarks of NCQA. CAHPS® is a registered trademark of the Agency for Healthcare Research and Quality.

⁴“Premature Babies Cost Employers \$12.7 Billion Annually,” March of Dimes, February 7, 2014.

⁵*The Cost of Having a Baby in the United States*, Truven Health Analytics, January 2013.

⁶Office of Statewide Health Planning & Development, 2016. Data represents Kaiser Permanente hospitals in California.

⁷*Births: Final Data for 2016*, National Vital Statistics Reports, Vol. 67, No. 1, January 2018.

⁸See notes 6 and 7.

⁹“Depression During Pregnancy and Postpartum,” Postpartum Support International, accessed November 7, 2018.

¹⁰“Supporting Nursing Moms at Work,” Office on Women’s Health, womenshealth.gov, accessed November 7, 2018.

¹¹See note 10.

¹²*Breastfeeding and the Use of Human Milk, Policy Statement*, American Academy of Pediatrics, March 2012.

¹³Kaiser Permanente internal data.

¹⁴*Improving America’s Hospitals: The Joint Commission’s Annual Report on Quality and Safety*, The Joint Commission, 2017.