



# How to Evaluate a Women's Health Clinic [checklist]

## You're expecting – congratulations!

It's going to be an extremely exciting nine months. One of the biggest decisions you'll need to make (besides choosing your baby's name) is which women's health clinic you're going to trust for all of your prenatal needs.

From the initial appointment, to the actual delivery, and all the check-ups in between, you'll be seeing a lot of your prenatal provider. Different clinics have different approaches to prenatal care, and it can be overwhelming to decide which clinic is the best option for you and your baby.

If you're currently looking for a women's health clinic, there are many factors you'll want to consider. We've put together this checklist to help you evaluate potential clinics.

Look for the following things before, during, and after your first prenatal visit:

### BEFORE YOUR APPOINTMENT

**Before you visit a clinic for the first time, make sure it meets these requirements:**

- My insurance covers visits at this clinic
- I have the option to see a female provider if I prefer
- I can switch providers at any time during my pregnancy
- The clinic's website has clear, helpful information about services
- It's easy for me to schedule an appointment
- I know what to expect at my first appointment, and what information to bring with me

## DURING YOUR APPOINTMENT

While you're at your first prenatal appointment, make sure the clinic meets the following requirements:

- The clinic is conveniently located
- Appointments are offered at times that meet my needs
- Parking is easy to find
- Facility is modern and up-to-date
- Clinic uses state-of-the-art technology and equipment
- Waiting rooms are clean, organized, and calming
- Staff is welcoming, helpful, and attentive to my needs
- Wait times are short and I am a priority for my doctor
- My doctor listens to me and addresses my questions and concerns
- I am introduced to any medical providers who may be a part of my care
- I feel comfortable with my doctor and the clinic's atmosphere

## AFTER YOUR APPOINTMENT

Once you've arrived home, you should be able to confidently answer "yes" to the following:

- I know when to schedule my next appointment
- I feel comfortable with the length of time between appointments
- I was given resources and information to help me care for my body and my baby
- If I have questions or concerns, I know who to contact and the hours they're available
- Overall, I was satisfied with my experience at the clinic

It's important that you feel comfortable with your prenatal care and confident that you've made the right decision for yourself and your baby. Check off these requirements to find the quality of care both of you need and deserve.



## Looking for more expert advice about pregnancy, birth, and postnatal care?

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