



就诊选择:

适当定制的密西根孕期医疗保健计划 (MiPATH)

Visit Options:

The Michigan Plan for Appropriate and Tailored Healthcare in Pregnancy (MiPATH)(Chinese)

我的 MiPATH 就诊选择有哪些? What are my MiPATH visit options?

我们期待与您一同设计您的产前保健计划! 接受产前保健有3种模式可选:

1. 混合式产前保健-包含亲临和虚拟 (远程医疗) 就诊
2. 亲临产前保健: 仅限亲临就诊
3. 团体产前保健: 仅限亲临就诊和虚拟团体就诊

We look forward to designing your prenatal care PATH together! There are 3 models available for receiving your prenatal care:

Hybrid prenatal care-a mix of in-person and virtual (telemedicine) visits

In-person prenatal care: in-person visits only

Group prenatal care: in-person visits and virtual group visits only

为什么要提供不同的模式? Why are you offering different models?

研究表明, 这3种护理模式对于没有妊娠并发症的人来说都是安全的, 所以您可以选择最符合自己喜好的模式。

您可以利用这个表格来考量您希望如何完成产前检查。您可以在第一次产检时与您的医生或助产士谈谈这个问题。

Studies suggest all 3 models of care are safe for people without pregnancy complications, so you can choose the plan that fits best with your preferences.

You can use this grid to think about how you would like to complete your prenatal visits. You can bring this to talk to your doctor or midwife at your first visit.

	混合式产前保健	亲临产前保健	团体产前保健
我将有多少次产前检查?	总共至少有 8 次产前检查。您的医生或助产士可能会根据您的医疗史和怀孕史来建议增加次数。		
我将有多少次亲临和虚拟就诊?	本模式包括与医生或助产士进行5次亲临就诊和3次虚拟就诊。对于虚拟就诊, 您将需要一个家庭血压计。	本模式包括与医生或助产士进行 8 次亲临就诊。不需要家中备有血压计。	本模式包括与医生或助产士进行一对一的亲临就诊以及用于教育的团体虚拟会议。
这种模式的潜在优点是什么?	虚拟就诊可以减少您路上所花费的时间并使保健更方便。有些人感到家中有仪器会让自己对保健拥有更多的自主权。	有些人宁愿来诊所所做所有的产检, 亲自去看医生或助产士。	有些人喜欢团体保健中的额外教育、同伴支持和社区意识。
这种模式的潜在缺点是什么?	有些人, 特别是第一次当妈妈的人,	有些人觉得前往诊所是一种负担且不方便。	有些人发现团体活动时间太长, 而且

	混合式产前保健	亲临产前保健	团体产前保健
	可能觉得在家里检查血压不太自在。		在安排预约时间上遇到困难。
我家中需要备有一台血压计才能参加这个模式吗？	是的，要完成虚拟就诊，你需要一台家庭血压计。	不，对于常规保健，您不需要血压计，除非您的医生或助产士这样建议。	您将与您的主要医生或助产士讨论这个问题。
如果我改变主意会怎样？	您可以随时更改产前保健计划。		
如果我想在怀孕期间获得额外的教育或支持该怎么办？	有许多选择可提供额外的教育和支持！请查看 MiPath 教育和社会支持资源 列表以了解更多信息。		

	Hybrid prenatal care	In-person prenatal care	Group prenatal care
How many prenatal visits will I have?	You will have at least 8 total prenatal visits. Your doctor or midwife may recommend more based on your medical and pregnancy history.		
How many in-person and virtual visits will I have?	This model includes 5 in-person visits and 3 virtual visits with your doctor or midwife. For virtual visits, you	This model includes 8 in-person visits with your doctor or midwife. You will not need a	This model includes 1-on-1 in-person visits with your doctor or midwife as well as virtual

	Hybrid prenatal care	In-person prenatal care	Group prenatal care
	will have a home blood pressure cuff.	home blood pressure cuff for your visits.	group sessions for education.
What are the potential benefits of this model?	Virtual visits can decrease your travel time and make care more convenient. Some people feel more ownership over their care with home devices.	Some people prefer to come to the clinic for all of their appointments to see their doctor or midwife in person.	Some people like the extra education, peer support, and sense of community with group care.
What are the potential downsides of this model?	Some people, especially first-time moms, may not feel comfortable checking their blood pressure at home.	Some people find traveling to the clinic burdensome and inconvenient.	Some people find the group appointments are too long, and have trouble with set appointment times.
Will I need to have a home blood pressure cuff to participate in this model?	Yes, to complete virtual visits you will need a home blood pressure cuff.	No, for routine care you will not need a blood pressure cuff, unless your doctor or midwife recommends it.	You will discuss this with your Centering doctor or midwife.
What happens if I change my mind?	You can modify your prenatal care plan at any time.		

	Hybrid prenatal care	In-person prenatal care	Group prenatal care
What if I want extra education or support in pregnancy?	There are many options for additional education and support! View the MiPATH Education and Social Support Resources list to discover more.		

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