

# What is MiPATH?

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Thank you for choosing Michigan Medicine for your pregnancy care. We are privileged to partner with you during this time.

## What is MiPATH?

The goal of this handout is to introduce you to the **Michigan Plan for Appropriate, Tailored Healthcare in pregnancy (MiPATH)**. MiPATH is a tailored prenatal care model that provides patients with options for medical care, education and support during pregnancy. **Prenatal care** is care you get during pregnancy. With MiPATH, you have the opportunity to work together with your doctor or midwife to select the prenatal care plan that meets your needs. This document will walk you through the decisions you will discuss with your doctor or midwife. If you are a high risk patient, we may recommend that you see our high-risk (Maternal Fetal Medicine, or MFM) doctors, and we will work closely with you to develop a prenatal care plan that aligns well with your medical needs and preferences.

**This guide is designed to introduce you to your options for three equally important parts of prenatal care:**

**1. Medical care:**

- Screening for and treating medical problems during pregnancy

**2. Education:**

- Information about pregnancy, childbirth, the postpartum period, and parenting

**3. Support:**

- Everything you need to feel reassured and supported through pregnancy

We have designed other resources with more information for each part of care.

## **Medical care:**

- 1. Care Clinician:** If you are a low-risk patient, you will be able to choose which kind of care clinician you would like to see. You can select between an Obstetrician/Gynecologist Doctor, Family Medicine Doctor, or Certified Nurse Midwife.
  - A nurse and your pregnancy care doctor or midwife will help determine whether you need high-risk (Maternal Fetal Medicine) care during your pregnancy. This could occur at the beginning of pregnancy or if there are concerns as the pregnancy progresses.
  - If you would like more information on making this choice, see our **Pregnancy Care Clinicians** decision aid.
  
- 2. Your prenatal visits:** You will partner with your doctor or midwife to decide how you want to complete your prenatal visits. There are three main options:
  - **In-person care:** You see your doctor or midwife in the office for all visits. For high-risk patients the majority of your visits will be in-person.
  - **Hybrid care** (virtual and in-person visits): Your first visits will be in the office with your doctor or midwife. After that, some of your visits will be done through telemedicine- video or phone visits- with your doctor or midwife. We will help you get a blood pressure cuff and teach you how to check your blood pressure at home.
  - **Group prenatal care:** Your first visit is in-person with your doctor or midwife. After that, your visits are completed with a group of patients due to give birth around the same time as you. Visits include medical care, education, and support.

Our prenatal care schedule is based on evidence-based services that are recommended for pregnant patients. Your doctor or midwife may recommend additional visits based on your risk factors, like medical conditions or pregnancy history.

- If you would like more information on making this choice, see our **Visit Options** decision aid.

## **Education and support**

We offer a variety of resources to help you learn more about pregnancy, childbirth, the postpartum period, and parenting. We also have resources available that can provide you with extra support during your pregnancy, including emotional and financial needs.

- If you would like more information on these options, see our **Education & Social Support Resources** list.

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