



Have you heard about CenteringPregnancy?



CHI is transforming healthcare delivery and outcomes for all families by expanding access to our evidence-based framework for group medical visits. Centering is offered by nearly 500 healthcare practices serving 60,000 families nationwide.

[www.centeringhealthcare.org](http://www.centeringhealthcare.org)



**capitahealth**  
**MEDICAL GROUP**

Capital Health OB/GYN – Trenton  
433 Bellevue Avenue  
Trenton, NJ 08618  
[capitalhealthobgyn.org/trenton](http://capitalhealthobgyn.org/trenton)  
609.394.4111

**ARE YOU  
PREGNANT?  
ASK YOUR  
PROVIDER  
ABOUT  
CENTERING.**



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## Better Health Outcomes

Clinically proven better health outcomes such as reduced risk of preterm birth.



## More Time with Your Provider

More hours of prenatal education so you feel ready and confident to birth and care for your baby.



## Patient-Centered Healthcare

Empowering patient-centered healthcare with support and friendship from your group members.

## The Centering Visit

- Skip the waiting room! Join your fellow parents for social time and a snack.
- Birthing parents engage in their care by taking and recording their own vitals.
- Private time with your provider for a health assessment and belly check.
- Facilitators lead discussions and interactive activities to address health topics.

## FAQ

### What is Centering?

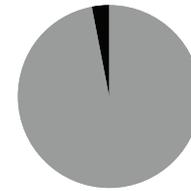
Centering is patient-centered care. The visit schedule and content follow nationally recognized guidelines with flexibility and time to explore health and wellness topics that fit your needs.

### How does it work?

You will experience interactive and fun group appointments with pregnant people just like you. Centering group prenatal care follows the recommended schedule of ten prenatal visits, but each visit is 90 minutes to two hours long - giving women 10x more time with their provider.

### How can I sign up?

Ask your care team today! Your sessions will be scheduled in advance and you can return to individual care any time you like.



**97%**  
of patients are "highly satisfied" by their Centering experience



Scan the QR code to learn more about the Centering experience.

Talk to your care team today to learn more.

→ No additional costs

→ Easy to enroll