

How do I find more information about midwives?

Discover resources for you and your family at ACNM's web site for women at www.OurMomentofTruth.com.

Check out the video about *Midwives and the Care They Provide* at <http://bit.ly/MidwivesCare-Video>.

Services provided by midwives:

- Cancer Screening & Mammography
- Childbirth Education & Preparation, including Pain Management
- Comprehensive Gynecologic care
- Family Planning & Contraception
- Health Maintenance Education
- Heart Disease & Osteoporosis Risk Assessment & Reduction
- Immunizations (HPV, Hepatitis, Flu, & more)
- Menopause management (nutrition, exercise, hormone & alternative therapies)
- Nutrition & Exercise Counseling
- PMS/PMDD
- Preconception & Infertility Counseling
- Prescriptions
- Sexual Health Management
- Sexually Transmitted Infections (STI) Screening & Counseling
- Well Woman/Primary Health Care Visits



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EVERY WOMAN



Deserves

a MIDWIFE



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What is a midwife?

Midwives are health care providers who specialize in caring for women of all ages and all backgrounds throughout their lifetime. With a special emphasis on pregnancy, childbirth, and gynecologic and reproductive health, midwives focus on what is most important to each woman's unique situation to provide her with personalized, evidence-based care.

Today, there are approximately 12,000 women and men who are midwives in the United States. Certified nurse-midwives (CNMs) are the most common type of US midwife. Both CNMs and certified midwives (CMs) have graduate-level midwifery degrees, have passed a national certification exam, and are educated to safely prescribe a full range of medications and treatments.

What do midwives do?

Midwives are best known for caring for women through pregnancy and birth, but they also provide primary care to women of all ages and all backgrounds from puberty through the child-bearing years and into menopause.



Thanks to this special lifetime care, many women develop close bonds with their midwives over the years and use them as their primary care providers.

A woman's first visit to a midwife might occur during pregnancy for prenatal care or even during menopause for a well-woman check-up. A first visit typically begins with a complete, personalized assessment and physical exam, including diagnostic and laboratory testing if needed. Midwives are



“Studies demonstrate over and over again not only the high quality of care that midwives offer to women, but also the enormous satisfaction that women experience with midwifery care.”

—Judy Norsigian, Executive Director,
Our Bodies Ourselves

experts at supporting women through healthy childbirth and other normal life events. They often work with other members of the health care team, such as physicians and nurses.

Where do midwives work?

Midwives work in many different settings, including hospitals, medical offices, free-standing birth centers, clinics, and/or private settings (such as your home). Approximately 95% of CNM/CM-attended births occur in hospitals.

Are midwives covered by insurance?

Midwifery care is paid for by private insurance carriers, Medicare, Medicaid, managed care programs, and military and federal employee health plans. Contact your insurance provider to learn details of your coverage.

How do I find a midwife?

To find a midwife, visit www.midwife.org/find-a-midwife for a directory provided by the American College of Nurse-Midwives (ACNM), the professional membership association of CNMs and CMs.

