



Dear Mom-to-Be,

We are pleased and honored you have chosen our practice to care for you and your child during and after your pregnancy. We strive to give you the very best in professional medical care. We also encourage you to ask questions about the physical and emotional changes of pregnancy in order to optimize your health.

We know that the relationship you establish with your doctor during your pregnancy is an important one. Our group is comprised of OB/GYN physicians and nurse practitioners. We see patients at three Voyage Health locations (Maple Grove, Center for Women's Health in Plymouth and Crystal) Monday through Friday, and Saturday morning at our Maple Grove location. We offer extended hours until 8:00 pm at our Center for Women's Health in Plymouth on Tuesday evenings and at our Crystal Office on Thursday evenings. Please visit our website at www.voyagehealthcare.com for more information about Voyage Healthcare.

After 28 weeks gestation, you will have the choice of delivering at either hospital, but prior to 28 weeks gestation you will need to deliver at North Memorial Hospital as the neonatal intensive care unit located there.

- At Maple Grove Hospital, a Voyage Healthcare obstetrician is available to attend to patients 24 hours a day, 7 days a week.
- Voyage Healthcare obstetrician perform scheduled Cesarean deliveries at North Memorial. They work closely with the North Memorial Laborists who will manage emergency visits, vaginal deliveries and admissions to North Memorial Hospital. A laborist is an OB/GYN physician who works exclusively in a hospital setting.

Our OB/GYN physicians rotate "on-call" days for deliveries. Therefore, the provider who you have seen in the office may not be the physician "on-call" when you deliver your baby.

After your delivery, Voyage Healthcare has lactation consulting services available for any questions you have regarding breast feeding. Cristen Singer, APRN, CNP, CLC is certified lactation consultant offers evening classes approximately once a month plus in office appointments.

Voyage Healthcare's Crystal, Maple Grove, Osseo and Plymouth locations provide Family Medicine services to care for you and your new child after your delivery.

Sincerely,

Kathryn Flory, MD,
Leslee Jaeger, MD
Caitlin Kuck, MD
Sherry Paulson, MD
Jacinda Siberio, MD

Megan Bina, DO
Sarah Tillman, MD
Karen Collins, APRN, CNP
Cristen Singer, APRN, CNP, CLC