



Virtual Childbirth Education Class

Join HealthNet's Childbirth Education Class from the comfort of your own home!

The health and safety of you, your baby and our team members are our priority. That's why we are offering a virtual option for Childbirth Education. We will send you an email invite with instructions to join the class.

HealthNet's Childbirth Education Class

- Signs and stages of labor
- Comfort measures - You will need a blanket and pillow to practice breathing, relaxation, and helpful labor positions.
- Interventions like epidurals and c-sections
- Virtual tour of the Maternity Center at IU Health Methodist Hospital
- You will get a BABE Coupon once you complete the virtual class

To join the class you will need:

- An email address
- Computer or mobile device
- Internet access

Dates and Times

Classes are held monthly on Saturdays from 9:00 a.m. – 12:00 p.m.

October 16, 2021

November 20, 2021

December 18, 2021

We will send you an email to confirm your class which includes a link to join the meeting.

Register

You can sign up for a class 3 ways:

- At your prenatal visit,
- Online through your Patient Portal, or
- Call 317-957-2022

Registering through your Patient Portal

1. Log into your Portal account
 - If you do not know your username or password, select the option "Can't access your account?"
2. Create a "General Message"
 - Facility: Choose your health center
 - Provider: Choose your OB provider
 - Subject: Type "Childbirth Education" in the subject line
 - Message: Type the date of the class you would like to attend
3. Click "Submit"

