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 details 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 Riley Maternity Tower
- You will get a BABE Coupon once you complete the 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.

- January 15, 2022
- February 19, 2022
- March 19, 2022
- April 16, 2022
- May 21, 2022
- June 18, 2022

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”