



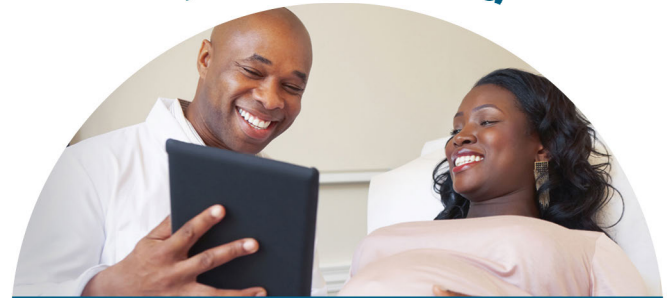
Help Shape the Future of Obstetric Care

We need you

Encourage Your Patients to Join the PregSource® Research Project

The *Eunice Kennedy Shriver* National Institute of Child Health and Human Development—part of the National Institutes of Health—recently launched PregSource, a research project that aims to collect information about pregnancy directly from pregnant women.

PregSource is learning about the typical pregnancy experience. The data collected will help inform strategies for improving maternal care. The free, confidential PregSource website is open to all pregnant women ages 18 and older who can provide consent.



Promote PregSource within your practice, and download the free materials at <http://bit.ly/PregSourceMaterials>



PregSource data will help answer important questions, such as:



How many women experience morning sickness? How long does it generally last? At what stage of pregnancy is it more common? Is it related to women's weight gain?



What are the patterns of weight gain during pregnancy, and how do they affect pregnancy and the baby's health?



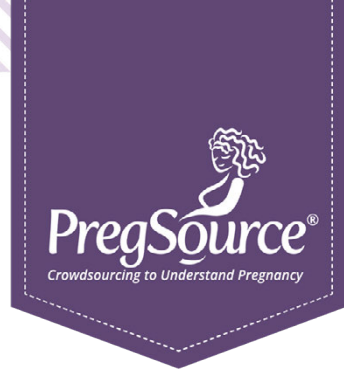
How do other factors—such as medication use, diet, and exercise—change over the course of the pregnancy?



How do women with challenges, such as physical disabilities or chronic diseases, experience pregnancy and motherhood?

[Continued >](#)

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What does PregSource offer to participants?

PregSource allows women to track their pregnancies and share and compare their experiences with a nationwide community of pregnant women as well as with healthcare providers. Using PregSource can also help build patients' own knowledge about pregnancy and the many forms that motherhood may take.

PregSource will not sell or share participants' personal information with any group. In addition, PregSource is not testing any intervention or medication—it is simply gathering data.

As participants use the different PregSource features, they will also be adding to the evidence base that researchers and providers use to establish standards of obstetric care.

There is no cost to join PregSource, and participants are not paid for participating. Joining PregSource is entirely voluntary; choosing not to participate will not affect the patient's benefits or access to healthcare.

Support this groundbreaking initiative, and encourage your patients to use PregSource as a convenient and important tool for understanding pregnancy and motherhood. Visit <http://bit.ly/PregSourceMaterials> to download and share free PregSource materials with your patients: factsheets, postcards, posters, digital sign/slide, and social media posts and images.

Specific PregSource features include:

- **Trackers** to chart pregnancy characteristics, including weight, sleep, mood, morning sickness, medications, supplements, and physical activity, over time
- **Questionnaires** about pre-pregnancy health and pregnancy symptoms and complications
- **No ads:** PregSource shows no advertisements for pregnancy- or baby-related products or services
- **Easy ways to share information** with healthcare providers and others
- **Information about pregnancy experiences from other women** in the PregSource community
- **Confidential and secure** data collection
- **Access to a library of pregnancy information** from trusted sources

PregSource Partners

American Academy
of Pediatrics

American College
of Nurse-Midwives

American College of
Obstetricians and Gynecologists

American Society for
Reproductive Medicine

Association of Women's Health,
Obstetric and Neonatal Nurses

Centers for Disease Control
and Prevention

Endocrine Society

Genetic Alliance

Lamaze International

March of Dimes

Health Resources and
Services Administration

National Institutes of Health

Preeclampsia Foundation

Society for Maternal-Fetal
Medicine

Society for Women's
Health Research



Eunice Kennedy Shriver National Institute
of Child Health and Human Development

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