

Talk to your doctor about PreTRM[®]

Your womb is a powerhouse for your baby's development, and each day matters. By understanding your individual risk for delivering too early, you'll be able to best partner with your doctor to address the risk and help your baby thrive in the world.

1 Start the conversation with your doctor about preterm birth

Do I have any risk factors that make me more likely to deliver my baby too early?

Make sure to mention if any of the below statements apply to you:

- | | |
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| <input type="checkbox"/> I was a premie | <input type="checkbox"/> My life is stressful at home or work |
| <input type="checkbox"/> I got pregnant less than 6 months after my last baby was born | <input type="checkbox"/> I am mostly on my feet during the day |
| <input type="checkbox"/> I've already had a preterm birth | <input type="checkbox"/> I have high blood pressure, diabetes, or another type of ongoing illness |

2 Understand if the PreTRM Test is right for you

Would you recommend ordering the PreTRM risk assessment blood test for me?

Because the PreTRM Test is relatively new, not every physician offers it as part of routine pregnancy care. Partner with your provider to determine if PreTRM could offer you both important insights into your pregnancy.

Your healthcare provider can visit our site to learn more about the PreTRM Test and how to order.



PreTRM.com/Order

3 Be confident in how to prepare, plan, and prevent

If my test report shows higher risk, how can we best adjust my care plan?

If your doctor orders PreTRM, our Customer Support team will contact you to help with everything from scheduling your blood draw to navigating financial support.

In the meantime, you can reach out to our team if you have any questions!

801-990-6600

Tips for having a productive conversation with your doctor

Take notes

Your appointment may feel like a whirlwind. Whether 3 or 30 minutes, it'll be easier for you to remember important guidance from your healthcare provider if you take notes in a notebook or your phone.

Speak up

By combining your doctor's expertise with your own personal health insights, you'll likely have a better pregnancy healthcare experience. Do your best to share your information, feelings, and concerns openly with your provider.

Be action-oriented

So much of your health is in your hands! Use the recommendations from your doctor and other trusted sources to educate yourself about how to have a healthy pregnancy and what warning signs to look out for if there may be a problem.