

A preterm birth can happen in any pregnancy. For your baby's development, each day matters. By understanding your individual risk for delivering too early, you'll be able to best partner with your doctor.

## TALK TO YOUR DOCTOR ABOUT THE PreTRM® TEST



### START THE CONVERSATION

#### Do I have any preterm risk factors?

- I was a preemie
- I got pregnant less than 6 months after my last baby was born
- I've already had a preterm birth
- My life is stressful at home or work
- I'm mostly on my feet during the day
- I have high blood pressure, diabetes, or another ongoing illness



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### UNDERSTAND & LEARN IF PRETRM® TESTING IS RIGHT FOR YOU

#### Would you recommend ordering the PreTRM risk 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. If you get your PreTRM Test from your healthcare provider, speak to them early in your pregnancy. Your sample is collected between 18 and 20 6/7 weeks of your pregnancy.



### BE EMPOWERED TO PREPARE, PLAN, AND PREVENT A PRETERM BIRTH

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

With the risk information from the PreTRM Test, along with other vital information from your prenatal visits, you and your healthcare provider can personalize your pregnancy care to optimize your treatment plan and offer the best possible care for your baby.

### IMPORTANT TIPS

#### Having a productive conversation with your doctor



### TAKE GOOD NOTES

Your appointment may feel like a whirlwind. It'll be easier for you to remember important guidance from your healthcare provider if you take notes.



### 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

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.

