



Maternity care and obstetric care

A service that cares



The birth of a child is a special event. It is nice when everything is properly taken care of, allowing you to enjoy this exceptional period. This leaflet provides you with extensive information regarding what CZ and CZ Kraamzorgservice can do for you before, during, and after the delivery.

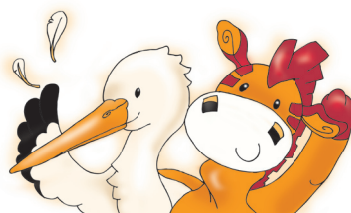
Your pregnancy

Arranging maternity care

It is important that you register timely for maternity care. To do so, you can turn to CZ Kraamzorgservice, ultimately in the **fourth month** of your pregnancy. You can also register via www.cz.nl/kraamzorg. We will do every effort to ensure that you are registered at the maternity centre of your choice. Hence, you do not have to register yourself. CZ Kraamzorgservice offers you a single point of contact for all your questions concerning maternity care.

CZ Maternity Pack free of charge

Are you pregnant and registered with CZ Kraamzorgservice? In that case, CZ will send you a nice gift. In addition, the CZ Maternity Pack will be delivered at your home in the seventh month of your pregnancy. Entirely free of charge! This happens automatically and does not require you to register separately. In addition to the care products necessary for your delivery, the CZ Maternity Pack does also include a number of fun items such as the CZ cuddly toy Zetje Zebra and a booklet with useful tips. And that is not all! If you register your child at CZ, he or she will receive a few additional and fun surprises in the future.





Your delivery

When you are expecting, there are three options for your delivery:

- Home birth
- Outpatient delivery
- Clinical delivery

Home birth

CZ will pay the costs of a home birth in full if your obstetrician has a contract with CZ.

Outpatient delivery

You can also opt for an outpatient delivery in the delivery room of a hospital. In general, you and your child will be able to return home within 24 hours following the delivery. If you opt for outpatient delivery, you must make a reservation with a hospital in your vicinity. You will have to pay part of the costs. Some additional insurance policies of CZ offer (partial) reimbursement of these costs. A non-medical outpatient delivery can also take place at a birth centre, birth clinic or maternity clinic. If you have a doctor's recommendation, you do not have to pay for an outpatient delivery.

Clinical delivery

If there is a medical necessity, you do not have to pay anything for an outpatient delivery (of multiple days) in a hospital. Is there no medical necessity for an outpatient delivery? In that case, you pay the total costs of the delivery yourself.

If you deliver at home, a maternity centre will provide the maternity care. If you do not deliver at home, the maternity centre will provide maternity care from the moment you return home until the end of the maternity period. During your admission, the hospital or the maternity clinic will provide the maternity care. In consultation with the obstetrician, the maternity centre will determine the number of days and hours of maternity care you qualify for after the delivery. You will have to pay a personal contribution per hour of maternity care.

After the delivery

Registering with CZ

If you want to register your child with CZ, you must do so at CZ in writing or over the phone within a month after the birth. In that case, your child will be insured from the day on which the registration is received by CZ.

Counselling Centre

The assistance of a counselling centre for infants and preschoolers, such as inoculations, is covered by the Dutch Exceptional Medical Expenses Act. Consequently, you do not have to pay for that yourself.



Where can you reach us?

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www.cz.nl



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