



# Pregnancy / Childbirth

Pregnant women do not need to pay for the necessary examinations themselves. Childbirth related costs are also covered by basic health insurance. Following childbirth parents are offered free counseling.

## Pregnancy and Childbirth Services

Medical services related to pregnancy or childbirth are covered by basic health insurance (Grundversicherung | Assurance de base). This includes regular check-ups preceding childbirth, childbirth itself, as well as necessary care following childbirth. Pregnant women are advised to consult a doctor or midwife early on. Hospitals and midwives offer prenatal classes (Geburtsvorbereitungskurs | Cours de préparation à l'accouchement). There are special classes for immigrants. Childbirth may take place in hospital, in a birth center, or at home.

## After Childbirth

In Switzerland it is common for parents to seek advice following childbirth. The information center for mothers and fathers (Mütter- und Väterberatungsstelle | Centre de puériculture) is useful. It offers information regarding the baby's development, nutrition, and care. Consultations are free of charge. A doctor or midwife will inform parents about necessary follow-up examinations. It is very important that the child be insured against illness and accidents within the first three months following birth (basic health insurance | Assurance de base, accident insurance | assurance accident). Ideally, this is done before the child is born.

## Vaccinations

It is recommended that children be vaccinated against certain illnesses in time. Vaccinations are, however, not compulsory. The costs of recommended vaccinations are usually covered by basic health insurance. A pediatrician or information center for mothers and fathers offers additional information on the subject.

## Abortion

Abortions are legal in Switzerland during the first 3 months of pregnancy. After the 12th week of pregnancy an abortion is an option only if the patient's physical and/or mental health is endangered. Whether or not this is the case must be evaluated by a doctor. Women considering abortion are offered free counseling. Young women under the age of 16 must consult a specialized counseling center. The cost of medical care will be covered by basic health insurance.



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## **Additional information (links, addresses, information sheets, brochures)**

[www.hallo-bern.ch/en/health/pregnancy--childbirth](http://www.hallo-bern.ch/en/health/pregnancy--childbirth)

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Information for a good start at the new place of residence

Health / Pregnancy / Childbirth