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# Pregnancy — Mutterpass, Prenatal Care & Midwife

Prenatal care process in Germany: Mutterpass, examinations every 4 weeks, midwife search, and financial assistance.

**Deutsche Begriffe:** Schwangerschaft | Mutterpass | Vorsorgeuntersuchung | Hebamme | Mutterschutz | Bundesstiftung Mutter und Kind

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## Mutterpass — Your Most Important Document

Once your pregnancy is confirmed by a doctor, you receive the **Mutterpass**. It documents all examination results, blood type, vaccination status, and the course of your pregnancy. Keep it **with you at all times** — in case of emergency, doctors need this information immediately.

### Prenatal Examinations — Every 4 Weeks

Statutory health insurance covers comprehensive prenatal care:

- **Every 4 weeks** an examination with your gynecologist or midwife
- **From week 32** every 2 weeks
- **3 ultrasound examinations** (around weeks 10, 20, and 30) as standard
- Blood tests (HIV, Hepatitis B, rubella, blood type, antibodies)
- Glucose tolerance test (weeks 24–28)

All prenatal examinations are **free of charge** — with no copayments.

### Midwife — Search as Early as Possible

Every pregnant woman has a right to **midwifery care**, paid for by health insurance. Midwives provide support before, during, and **up to 12 weeks after** birth. The challenge: Many regions have too few midwives. **Start searching from week 6–8 of pregnancy.**

Midwife search:

• hebammensuche.de

• gkv-spitzenverband.de — midwife list from insurance funds

## Maternity Protection & Maternity Benefit

• **6 weeks before** and **8 weeks after** birth, employment ban applies (Mutterschutz)

• During maternity protection, employees receive **maternity benefit** (health insurance + employer subsidy = full salary)

• **Job protection** from start of pregnancy until 4 months after birth

## Bundesstiftung Mutter und Kind

Pregnant women in financial hardship can apply for assistance from **Bundesstiftung Mutter und Kind** — for maternity clothes, baby equipment, housing, or childcare. Application through **pregnancy counseling centers** (e.g., Caritas, Diakonie, pro familia). Important: submit application **before birth**.

## Additional Support

• **Elterngeld** (up to 14 months) — apply after birth

• **Kindergeld** (€250/month) — from birth

• **Wohngeld** or **Bürgergeld** as needed