

CareVio Helps New Mom Through Pregnancy

Laura M. Gebhart was only 18 weeks into her pregnancy when she went to her local Emergency Department with severe cramps.

She learned that her cervix was funneling, or thinning from the inside out, a condition that is linked to premature birth.



Lauren Gebhart and Nathaniel

"It was my first baby, so I didn't know what was normal and what was not," she recalls. "It was a very scary situation."

Lauren was contacted by Tobe Robinson, RN, a nurse care coordinator at CareVio, who helps patients with high-risk pregnancies. As a State employee, Lauren receives the benefit through her Aetna HMO, as part of the DelaWELL Health Management Plan.

Tobe manages Lauren's case and coordinates care between various healthcare providers. But she offers much more.

A labor and delivery nurse for 22 years, Tobe is a respectful, caring, expert source of information and compassion.

"Tobe called me after I was seen in the hospital and she was extremely helpful," she recalls. "The doctor would talk in medical terms that I didn't always understand and Tobe explained things to me."

In December, Lauren was back in her local Emergency Department with contractions. She was transported by ambulance to the hospital.

"I was extremely upset, so I called Tobe. She told me that when I got to the hospital they would put me on a monitor and we would consult with a doctor in the Neonatal Intensive Care Unit," she says. "It was comforting, knowing what to expect. Everything she told me was exactly right."

Tobe says educating and supporting patients is an important part of her job.

"We encourage patients to bring a list of questions when they see their providers," she says. "We also let them know that Aetna will provide them with a breast pump, so they can order one."

Lauren was placed on modified bed rest when she was 24 weeks pregnant. That meant she could no longer do her job as an administrative assistant at the Department of Motor Vehicles in Georgetown.

Her CareVio coordinator, Tobe, provided encouragement and guidance. She urged Lauren to stick with progesterone suppositories prescribed to reduce her odds of miscarriage.

"Tobe suggested I sleep on my side with pillows between my knees," she says. "It really helped with my hip pain."

Lauren is now a new mother and is enjoying her baby Nathaniel.

"I was a lot more knowledgeable about what was going on with my pregnancy," she says. "And if I had questions or complications, I called Tobe."



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