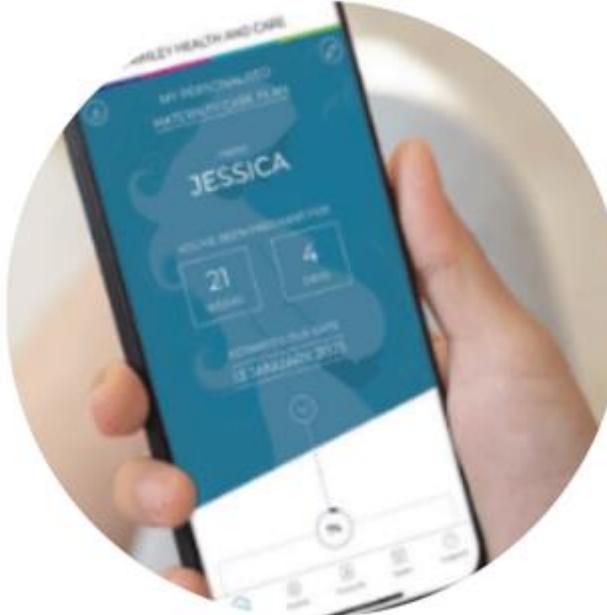




## GETTING TO KNOW THE MATERNITY PLAN APP

Your guide to support mums-to-be to complete the steps



Download our **Frimley Maternity Plan App** now



For Apple devices,  
scan here:



For Android devices,  
scan here:





## Introduction screens

These will show when someone opens the app for the first time. They will not show after the first time.

FRIMLEY HEALTH AND CARE



PLANNING MY PREGNANCY

Record what is important to you in your pregnancy, share some of your story/past experiences, as well as use the functions to create a plan for your pregnancy.

SKIP

...

FRIMLEY HEALTH AND CARE



MY PREGNANCY CHOICES

The app helps you to explore the range of options for where you give birth, allows you to add appointments and note things that you want to ask when you meet your midwife or other care professional.

SKIP

...

FRIMLEY HEALTH AND CARE



MY LABOUR AND BIRTH

Create a 'toolkit' for your labour, write down your plan for all stages of labour and your birth, and ensure you have had access to all the information that you need to support your planning and decisions.

SKIP

...

FRIMLEY HEALTH AND CARE



CARE FOR BABY & MYSELF

Find key information and support that you may need for your pregnancy, birth and beyond. Create your postnatal plan for once your baby has been born, planning for the support that you will need.

GET STARTED

...



## The privacy policy must be accepted to move on

Scroll to the bottom of the privacy policy screen to do this. This screen will also only show the first time the app is used.

15:21

FRIMLEY HEALTH AND CARE

PRIVACY POLICY

Last updated: May 2022

This privacy policy statement describes the privacy and processing arrangements for the Maternity Plan app commissioned by Frimley Health NHS Foundation Trust and provided by the app developer.

We publish this policy to ensure everyone understands what happens to the data they enter into the Maternity Plan app. We treat all information in line with our legal responsibilities and recognise best practice standards and processes.

We respect the privacy of all who use the Maternity Plan app.

References to "Maternity Plan app", "we" and "us" in this privacy policy refer to the joint data controllers for the Maternity Plan app commissioned by Frimley Health NHS Foundation Trust (FHFT) and provided by the app developer.

What data is collected and processed

No personal data is collected or processed by Frimley Health NHS Foundation Trust or the app developer from the app. The app data you choose to enter into the app and export to PDF is stored locally on your device and may not be accessed by a third party. We do not store any of the data you enter on your device. The app is built so that any data you enter into it is encrypted and compliant with all regulatory

15:22

FRIMLEY HEALTH AND CARE

Complaints

If you have a complaint please contact Frimley Health NHS Foundation Trust in the first instance. The Trust's Data Protection Officer can be contacted via email at: [fhft.information.governance@nhs.net](mailto:fhft.information.governance@nhs.net).

You also have the right to complain to the Information Commissioner. The Information Commissioner can be contacted at:

Information Commissioner's Office  
Wycliffe House  
Water Lane  
Wilmslow  
Cheshire  
SK9 5AF

Or via: <https://ico.org.uk/>

Or by telephone on: 01625 545 745

Future updates to this privacy policy statement

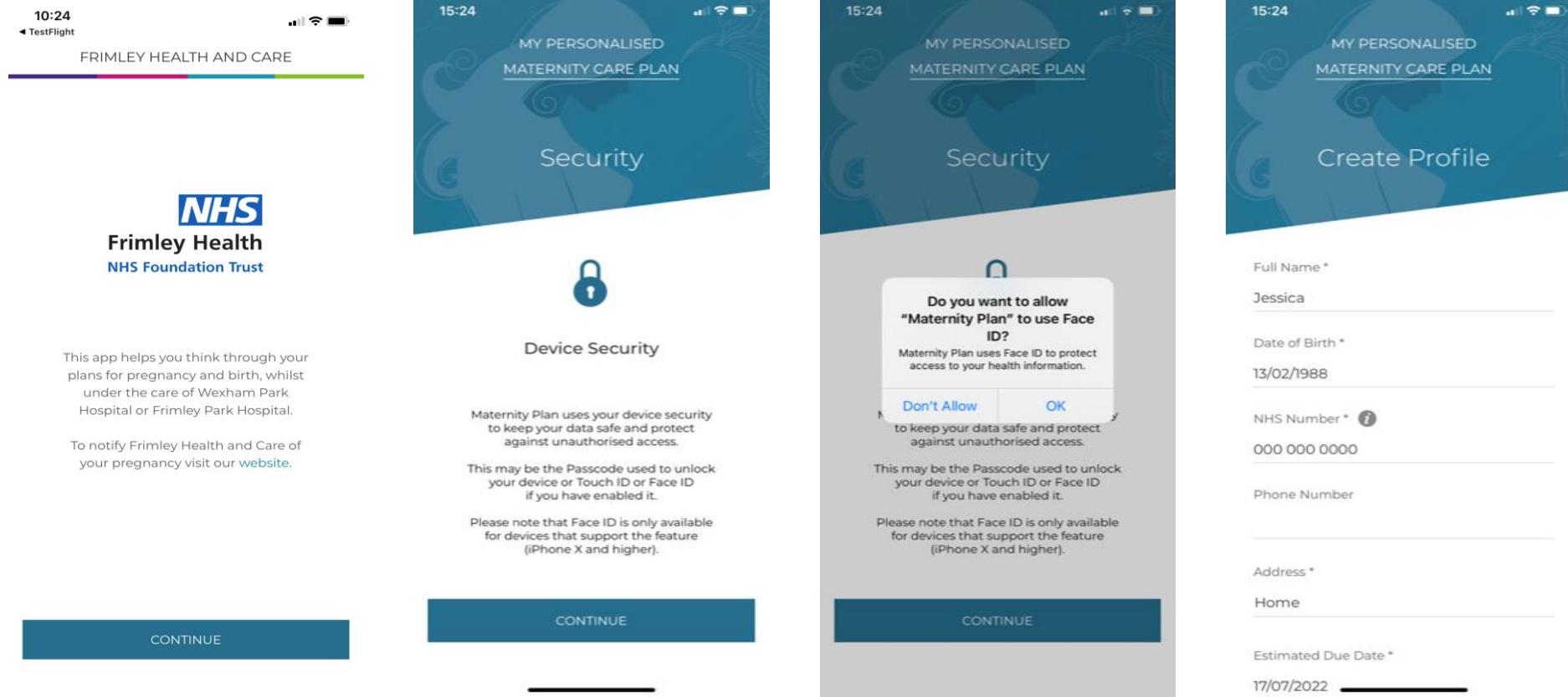
We may change this privacy policy statement at any time. Where substantial changes are made to the privacy policy we will update the app and advise users of the revised privacy policy for acceptance prior to accessing the updated app.

DECLINE

ACCEPT



The following screens must be completed during set up and will also only show the first time the app is used.





## Home screen

Once the app set up is complete, this is the home screen that women will see every time they open the app.

**Export to PDF.**  
This can be used to e-mail or print to share with you

**Profile**  
Women can update their profile information here which is where they would go to amend their due date if this changes after scans

**Navigation bar**

**Scroll down for more sections**



You can export the data saved in the Maternity Plan app to a document in PDF format. This will be saved in your device in the Files app.

Please note any data saved in the document may be viewed by anyone who has access to your device.

EXPORT To PDF



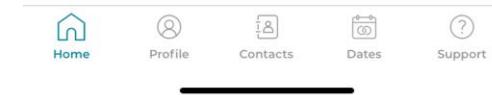
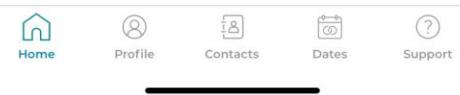
Your Personalised Maternity Care Plan has been successfully exported.

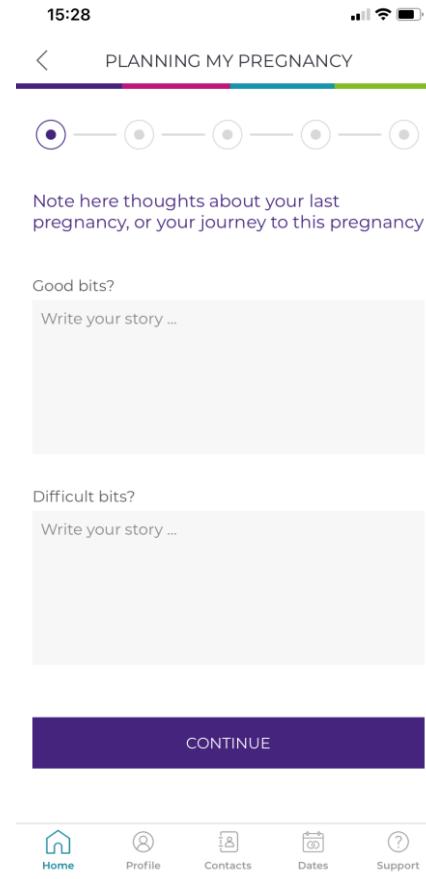
You can access this document from the Files app on your device.

OK

## Exporting to PDF

If women choose to export their notes into a pdf so that they can print or e-mail them, these are the screen they will see. Once the pdf has been created and downloaded they will need to find it in the files of their mobile phone. The easiest way to do this is to search FILES using the search bar on their device home screen.





## Section – Planning my pregnancy.

Encourage women to complete this at booking and to refer back to it at each visit to guide what they want to discuss with you. Let them know that they can go in and amend what they have written as they get new information or progress in their pregnancy.

You can then document any discussions you have about what she has written here in her visit notes on Epic so that others can see it and are aware of her informed choices and decisions.



## Section – Planning my pregnancy continued

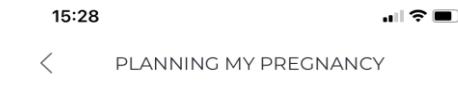


What's important to me during my pregnancy?

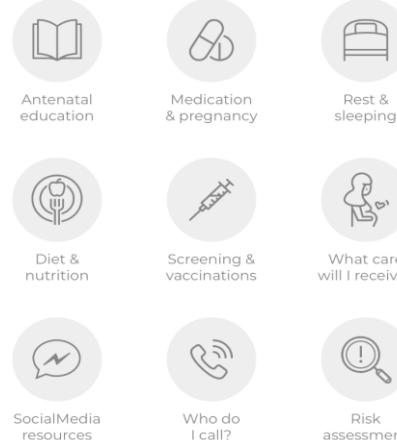
What's important to you ...

← CONTINUE →

Home Profile Contacts Dates Support



Things to discuss with my midwife



← CONTINUE →

Home Profile Contacts Dates Support



Tick how you feel on the scale below

I find it easy to ask for information



I feel positive



I am adaptable to life changes



How do you feel about the early days with your baby



About me

I am ...

I like ...

I dislike ...

What would help me?

It would help if ...

← FINISH →

Home Profile Contacts Dates Support



## Section – My Pregnancy Choices

This section should also be completed at any stage of pregnancy so encourage them to do this at the booking appointment and to refer back to it at each visit to guide what they want to discuss with you. Let them know that they can go in and amend what they have written as they get new information or progress in their pregnancy.

You can then document any discussions you have about what she has written here in her visit notes on Epic so that others can see it and are aware of her informed choices and decisions.





## Section – My Pregnancy Choices continued

15:29

MY PREGNANCY CHOICES

My Birth

Places of birth i

Home Birth centre Hospital

My choice for place of birth

Home Birth centre Hospital

**CONTINUE**

Home Profile Contacts Dates Support

15:29

MY PREGNANCY CHOICES

My Antenatal Education

Note here any thoughts about your antenatal education

**CONTINUE**

Home Profile Contacts Dates Support

15:30

MY PREGNANCY CHOICES

Communicating with me

English Speaker

Do you need an interpreter?

Language **Select >**

i For maternity information in a range of different languages and advice for women that identify as Black, Asian or Minority Ethnic (BAME) please visit the [Frimley maternity website](#).

**CONTINUE**

Home Profile Contacts Dates Support



The image shows two screenshots of a mobile application interface for pregnancy choices. The top screenshot shows the 'MY PREGNANCY CHOICES' section with a progress bar at 0%. The bottom screenshot shows the 'MY LABOUR AND BIRTH' section, which is the focus of the image. It features a circular progress bar with five segments, the first of which is filled with a teal color. Below the progress bar is the text 'What's important to me for my baby's birth?'. A large text input field is present for users to type their preferences. At the bottom of this section is a teal 'CONTINUE' button. The bottom of the screen shows a navigation bar with icons for Home, Profile, Contacts, Dates, and Support. The 'Home' icon is highlighted in teal, indicating the current screen.

## Section – My labour and birth

Women can complete this section at any time in the pregnancy but encourage them to complete it before their 36 week appointment so that you can discuss what they have written during this appointment.

If what they have written as their preferences is against Trust guidelines ensure you are referring them to our consultant midwives/obstetricians to discuss this in more depth.



## Section – My labour and birth continued

15:31

MY LABOUR AND BIRTH

Things to support me in labour

Telephone numbers for midwifery support

Fun activities & distraction

Visualisation

Mindfulness

Hypnobirthing

Baths and showers

Birth ball

Youtube videos for labour positions

Drinking and light diet

Rest between contractions

Tens

[Home](#) [Profile](#) [Contacts](#) [Dates](#) [Support](#)

15:31

MY LABOUR AND BIRTH

Our shared plan for birth

Latent phase (early) labour  
Write your plan ...

Induction of labour  
Write your plan ...

Planned caesarean  
Write your plan ...

[Home](#) [Profile](#) [Contacts](#) [Dates](#) [Support](#)

15:31

MY LABOUR AND BIRTH

I have seen information about

Options for place of birth

Early labour

Induction

Trust guidelines

Pain relief

Modes of birth

How labour progresses

Monitoring my baby in labour

Water birth

Unexpected events when having a baby

[Home](#) [Profile](#) [Contacts](#) [Dates](#) [Support](#)

15:31

MY LABOUR AND BIRTH

Notes to tell my midwife / Obstetrician [i](#)

Your notes ...

[Home](#) [Profile](#) [Contacts](#) [Dates](#) [Support](#)

[FINISH](#)



15:32



FRIMLEY HEALTH AND CARE

THINGS THAT ARE  
IMPORTANT TO ME

MY LABOUR AND BIRTH

0%

MY POSTNATAL PLAN  
AND SUPPORT

CARE FOR BABY &amp; MYSELF

15:32



CARE FOR BABY &amp; MYSELF



My baby



Full name

Birth date

Birth time

Birth weight

kg

kg

[Switch to lbs, oz](#)

Who was present?

What happened?

## Section – Care for baby and myself

This first page is to be completed after the birth of their baby, however the next few pages encourage them to think about infant feeding so it would be worth mentioning later in their pregnancy at the usual times you would discuss infant feeding and their plans for post birth.



## Section – Care for baby and myself continued

15:32 CARE FOR BABY & MYSELF

Things I may like to discuss with my midwife

Is my baby ok? Medication Safe sleeping

Feeding my baby Am I ok? Recovering after birth

Follow-up care

**CONTINUE**

Home Profile Contacts Dates Support

15:32 CARE FOR BABY & MYSELF

Feeding My Baby

What's important to you ...

**CONTINUE**

Home Profile Contacts Dates Support

15:32 CARE FOR BABY & MYSELF

I have discussed these with my midwife or health visitor

My feeding choices

Antenatal Expressing

Skin-to-Skin with my baby

Normal baby behaviour

Something else *i*

Please specify

**CONTINUE**

Home Profile Contacts Dates Support

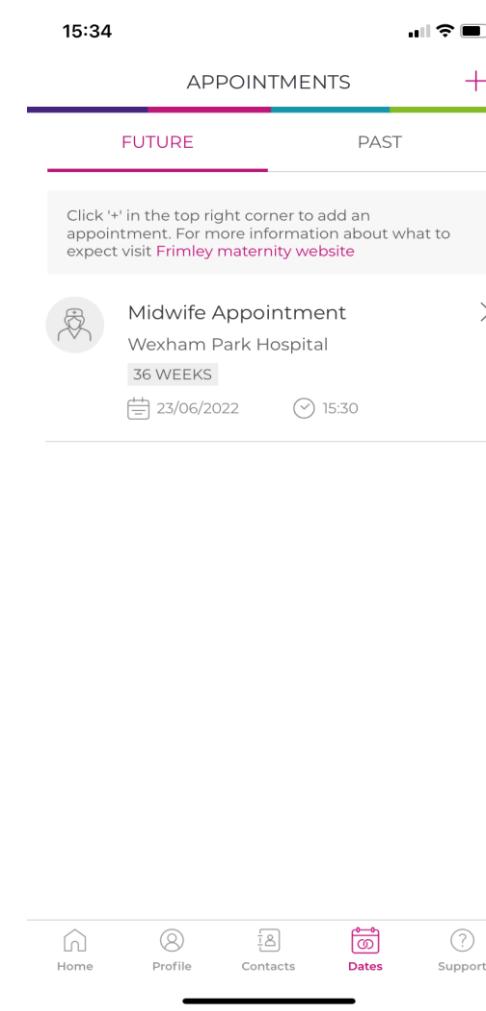
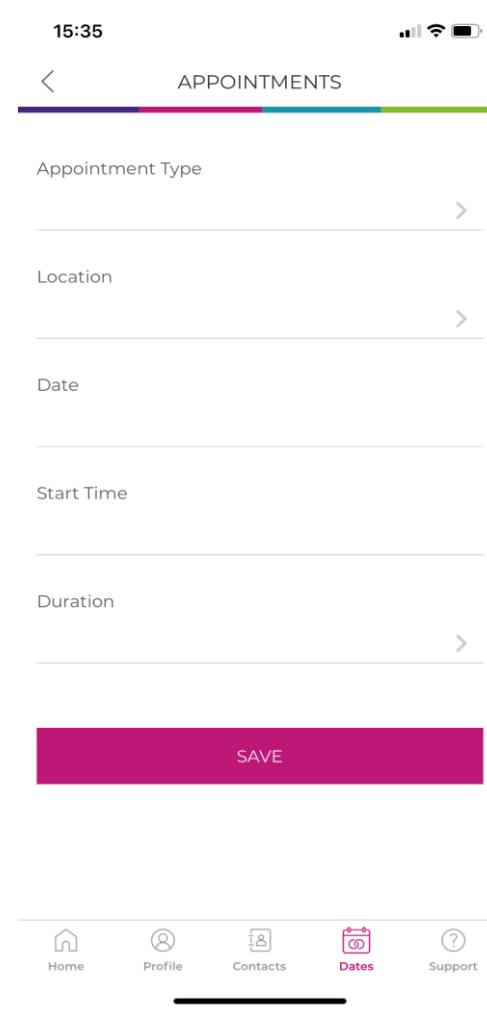
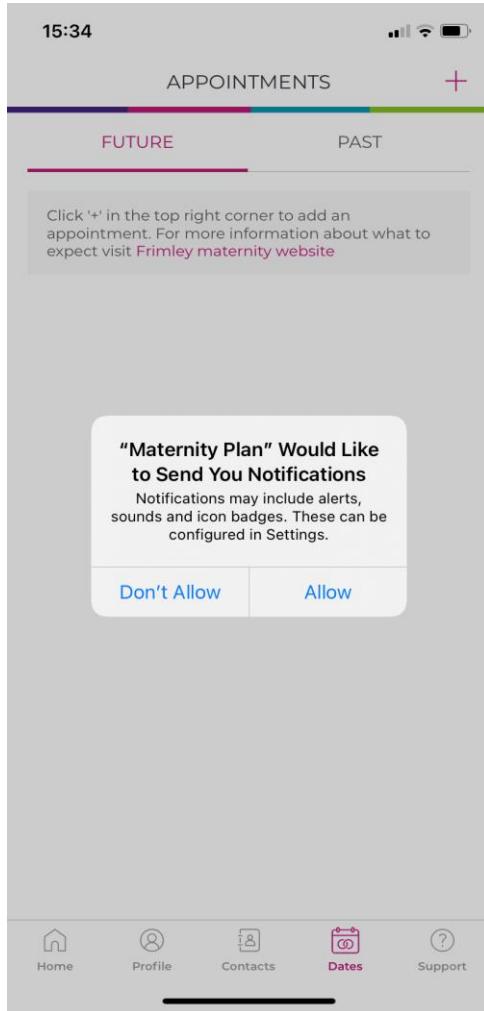
15:33 CARE FOR BABY & MYSELF

Note here how others could support me

E.g. "I want my ... with me", "Any help with food, washing, cleaning would be great", "If you think I'm not ok, ask me more"

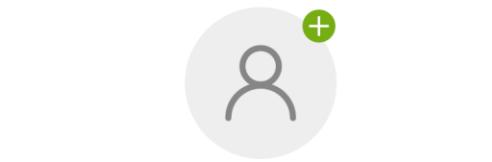
**FINISH**

Home Profile Contacts Dates Support



## Appointments – to self-enter and set reminders

This will be a personal preference to use on top of My Frimley Health Record. The two apps do not communicate with each other so they would have to manually enter this information



## Contacts – to self-enter

Women can use this to enter contact details of their care team. You could encourage them to enter the information that will have been provided to them on the community information leaflet that you provide at the booking appointment.

Full Name

---

Role

---

Mobile Number

---

SAVE



15:36



## SUPPORT RESOURCES



### Maternity Information

Digital library including websites and apps that you can access digitally via a computer, smartphone or tablet.



### Courses

Bringing up children is a lot of fun but can also have its challenges and times when receiving some advice would be helpful.

## Support – links to websites

The first link is to the maternity website

The second is for free antenatal education/parenting courses – would strongly recommend this for those that may not be able to afford antenatal courses



Home



Profile



Contacts



Dates



Support



## Profile – They can edit their personal information and app settings here

17:44

MY PROFILE

PROFILE SETTINGS

Full Name \*  
Jessica

Date of Birth \*  
13/02/1988

NHS Number \* *i*  
000 000 0000

Phone Number

Address \*  
Home

Baby born *i*

Estimated Due Date  
17/07/2022

PRIVACY POLICY

SAVE

Home Profile Contacts Dates Support

17:44

MY PROFILE

PROFILE SETTINGS

13/02/1988

NHS Number \* *i*  
000 000 0000

Phone Number

Address \*  
Home

Baby born *i*

Estimated Due Date  
17/07/2022

PRIVACY POLICY

SAVE

Home Profile Contacts Dates Support

17:44

MY PROFILE

PROFILE SETTINGS

Wallpaper  Default  Set

Wallpaper Transparency

Wallpaper Text Overlay

Light  Dark

Idle Timeout  
1 minute

Reminder Notifications

Reminder Settings *i*

Multiple

Home Profile Contacts Dates Support

17:44

MY PROFILE

PROFILE SETTINGS

Wallpaper Transparency

Wallpaper Text Overlay

Light  Dark

Idle Timeout  
1 minute

Reminder Notifications

Reminder Settings *i*

Multiple

Home Profile Contacts Dates Support