



Choosing a Lead Maternity Carer (LMC)

FREE maternity care in New Zealand

Maternity care is free for all women eligible for publically funded health care. If you are not sure if you are entitled to free care contact our eligibility team: ☎ 09 486 8900 ext. 43726

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The person who looks after you and your baby in pregnancy is called a Lead Maternity Carer (LMC). Your LMC can be a midwife, a general practitioner (GP) or a specialist obstetrician.

Your LMC provides care through your pregnancy, birth and for six weeks after baby is born. If you have complications in your pregnancy you will be referred to a specialist at the hospital who will work with your LMC to ensure that you receive the best care.

The majority of women (95%) have a midwife as a Lead Maternity Carer, but you can also choose a private obstetrician (a fee will be charged) or a GP (although few GPs offer LMC care). All LMCs regardless of professional background provide safe health care and clinical outcomes are similar across all professional groups.

You should register with an LMC as soon as you become pregnant, your LMC will organise a suitable time to meet with you and discuss your pregnancy care.

It is important that you find an LMC that you feel comfortable with; you can change your LMC at any time in your pregnancy.

Finding a LMC

Lead maternity carers are listed on the following websites:

- Find Your Midwife www.findyourmidwife.co.nz
- Healthpoint www.healthpoint.co.nz/maternity/

If you are unable to find a midwife contact the hospital liaison midwives for help

- North Shore - ☎ 09 486 8920 ext. 47000
- Waitakere - ☎ 09 837 8808

Further information

Ministry of Health www.health.govt.nz/your-health/pregnancy-and-kids

Smart Start <https://smartstart.services.govt.nz/>

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This information is correct at date of issue. Always check in the relevant Waitemata DHB policy manual that this copy is the most recent version.