

# Pregnant @HEC Paris

You are a student, a participant or a learner's partner, already attending a program at HEC Paris or preparing your arrival in France, on campus or outside AND expecting a baby or planning to expect a baby soon, you are a future dad and you have so many questions... this factsheet is for you both!

Enjoy the reading and hope it helps!



## MONITORING YOUR PREGNANCY

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Depending on how your pregnancy evolves, monitoring your pregnancy consists of:

- ✓ *Monthly prenatal visits with your obstetrician until your due date,*
- ✓ *Early prenatal interview with a midwife,*
- ✓ *Anesthesia consultation toward the end of the pregnancy,*
- ✓ *Three compulsory obstetric screening ultrasounds (more if needed).*

A midwife can accompany you and your future baby throughout your journey from the first prenatal ultrasound and even after the birth.



## PREPARING FOR THE BIRTH

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As pregnancy is a source of joy and pride, but also of anxiety – a time when emotions run high, you can decide to have an early prenatal interview with a midwife.

In its “2005 Perinatal Plan”, the Haute Autorité de Santé, France’s health authority, recommends an individual pregnancy interview in the fourth month.

It is not a typical medical consultation as you will not be examined. It is an interview where you can speak openly and be listened to by a professional.

As the pregnancy draws to an end, it is important to prepare for the upcoming birth of your baby.

Childbirth classes are essential, even if you have already given birth in the past or if you have scheduled a cesarean section. Your maternity or an independent midwife can give these classes starting from the fifth month of your pregnancy.

## WELL-BEING AND PREGNANCY

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### Osteopathy

To treat low back pain, stomach problems, headaches or heavy legs: the body of the pregnant woman adapts to a new condition and disorders can appear by gentle manipulations, by listening to you and listening to your body to understand you.

### Acupuncture

Acupuncture can correct many ailments for which taking medication is contraindicated during pregnancy such as nausea, vomiting, insomnia, anxiety, stress or sciatica. It also helps to prepare for delivery, prepare the cervix for dilatation and perineum to reduce the risk of episiotomy.

### Sophrology

In a soft and soothing atmosphere conducive to well-being and concentration, sophrology can help the future mother find serenity, confidence and energy in this period of upheaval. Each session is personalized according to the pregnancy and the lived experience.

### Prenatal Yoga

Prenatal yoga is a gentle practice that is particularly beneficial for pregnant women from the 3rd month of pregnancy until childbirth. It is good physical and mental preparation for childbirth. Each session brings physical well-being and gives relaxation and serenity during pregnancy.

*[Postnatal yoga sessions are also a solution to help relax, reduce postnatal fatigue, regain tone and firmness.]*



## ADDICTIONS AND PREGNANCY

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During pregnancy, the mother is directly linked to her baby and provides all the substances it needs to grow via the blood and the placenta. Everything the mother eats, drinks or absorbs is therefore, to a certain extent, shared with the baby. That's why it is very important to eliminate or strictly limit the use of substances such as tobacco, alcohol, drugs and medicines, which harm the baby's development as well as the mother's health.

The consumption of these substances has been linked to several damaging consequences. Smoking is a risk factor for pregnancy complications and can cause miscarriage, placenta previa, placental abruption, premature delivery and ectopic, or tubal, pregnancy. Furthermore, intrauterine growth delays and low birth weight have been observed, combined with a higher risk of developing post-natal respiratory conditions. Alcohol is a teratogenic substance which can potentially affect the development of the central nervous system. To date, a consumption threshold that does not alter fetal development has not been determined. The recommendation is therefore to avoid drinking alcohol, or reduce consumption to a minimum.

Lastly, the use of psychoactive substances such as drugs, antidepressants or psychotropic medications can provoke, in addition to a low birth weight, risk of malformation, withdrawal and toxicity. Nevertheless, suddenly ceasing to absorb these substances can be dangerous for the fetus. It is strongly recommended that you consult a healthcare professional to monitor the cessation process.

## MEDICATION DURING PREGNANCY

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Throughout your pregnancy – from fertilization until birth – your baby continually develops. During the first trimester, called the embryonic period, each organ begins to form. The second trimester marks the beginning of the fetal period, during which the organs will continue to develop and become fully functional. During these essential development phases, the embryo and fetus are particularly vulnerable. Certain very frequently used medicines may have an adverse effect on the baby's development and should generally be avoided during pregnancy.

Talking with your healthcare professionals and carefully following their recommendations is highly recommended if you suffer from an acute or chronic condition.



GIVING BIRTH  
IN A FOREIGN  
COUNTRY

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Being pregnant and giving birth in a foreign country surrounded by professionals who do not speak your language, far from your family and friends is difficult. It must be seriously considered before deciding to give birth in France.

You can access professionals who speak English at the American Hospital of Paris maternity. If you want to discover the place, tours take place once or twice a month at 3 pm. To register, please call the receptionists, who will give you the dates of the upcoming tours. Please call at 01 46 41 26 00.

The maternity is located at 63 Boulevard Victor Hugo in Neuilly-sur-Seine.

**The American Hospital of Paris is a private, not-for-profit health care establishment and does not apply the fee schedule established by the French national health insurance.**

Here are some examples of applicable fares:

- ✓ *Room: 300 € per night*
- ✓ *Suite: 1 500 € per night*
- ✓ *Guest bed and breakfast: 78 € per night*



Here is the link to the [contact form](#) to get more information and/or a cost estimate according to your personal situation. You can also register online [here](#).

ADMINISTRATIVE  
PROCEDURES  
IN FRANCE  
(1)

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First, you need to **get a confirmation** from a GP or a midwife that you are pregnant. A certificate will be delivered.

Then, **declare your pregnancy** before the end of the 14<sup>th</sup> week of pregnancy (end of 3<sup>rd</sup> month) to CPAM (Caisse d'Assurance Maladie) and CAF (Caisse d'Allocations Familiales) if relevant.

If you could not declare your pregnancy before the legal deadline or if you are not covered by the French Healthcare Scheme, you can **get some advice** from the childcare centers called PMI (Protection Maternelle et Infantile).

### PMI Vélizy

- ✓ 4 bis , rue Clément Ader 78140 Vélizy
- ✓ Appointments on site or at home
- ✓ From Monday to Friday
- ✓ 50 minutes by public transportation
- ✓  0033 1 30 83 61 00

### PMI Versailles

- ✓ 4 , rue Jouvencel 78000 Versailles
- ✓ Appointments on site or at home or without appointment ( afternoons only)
- ✓ From Monday to Friday
- ✓ 30 minutes by public transportation
- ✓  0033 6 99 72 70 22

*Prenatal visits*

*Psychological support*

*Link with welfare support*

*Medical care for the new born baby*

Free medical  
appointments during  
pregnancy and until  
the age of 6

## ADMINISTRATIVE PROCEDURES IN FRANCE (2)

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### Legally recognize your child in advance

Starting from the 6<sup>th</sup> month, you can legally recognize your child in advance. The procedure takes place at the city hall of your place of residence. Both future parents must be present and show their ID. No appointment is necessary.

If you are not married, we recommend that you legally recognize your child in advance.

You will be required to show the document you receive after this procedure when you register the birth at hospital.

### Register the birth

The birth registration is mandatory and free of charge for all children, whether they are born in or out of wedlock.

It must take place within 5 days following the date of birth. Every day counts (Saturdays, Sundays and holidays included) except the day of delivery. When the 5<sup>th</sup> and last day is a Saturday, Sunday or a holiday, the deadline is extended until the next business day.

The declaration of birth is established at the city hall. Anyone who attended the delivery can make the declaration.

### For married parents:

- ✓ If at least one parent is French:
  - ✓ The two birth certificates issued by the maternity unit,
  - ✓ The family booklet,
  - ✓ A piece of identification (ID card, passport or driver's license),
  - ✓ The printed matter (birth notification, choice of name, press) delivered by the maternity unit.
- ✓ If the parents are from abroad:
  - ✓ The two birth certificates issued by the maternity unit,
  - ✓ The family booklet if written in French,
  - ✓ Residence permits or passports of both parents, or birth certificates,
  - ✓ The printed matter (birth notification, choice of name, press) delivered by the maternity unit.

### For unmarried parents:

- ✓ Same formalities as above, plus possibly an act (s) of early recognition.
- ✓ Proof of residence of less than 3 months under the 2 names is also required.

FRENCH  
HEALTHCARE  
SCHEME



**Reimbursements - if legally registered - based on the basic French Healthcare Scheme fares:**

- ✓ From the first day of pregnancy until the last day of the 5<sup>th</sup> month, medical care is reimbursed according to the usual standards. But compulsory monthly visits, lab exams and childbirth classes are fully reimbursed.
- ✓ From the first day of the 6<sup>th</sup> month, until 12 days after giving birth, medical care is fully reimbursed being related to the pregnancy or not.

*If pregnancy happened prior to arrival in France or prior to opening the rights with CPAM, rights to CPAM can be open as long as it can be proved that the person fulfills the conditions of stability and regularity required by the French Law (Article L160-1 du CSS). **Stability and regularity means living in France for 3 months.***

**If your partner has been living in France for at least 90 days without interruption**, he/she can apply for the National French Healthcare called PUMA with [form 1106](#). Please ask [studentservices@hec.fr](mailto:studentservices@hec.fr) for the detailed list of documents to provide.

**It can take up to one year to get the 'Carte Vitale' depending on when you get your individual registration number and create your AMELI.FR account:** In the meantime, you need to pay for all your healthcare expenses before getting reimbursed.

**Giving birth in France can cost up to several thousands of Euros.** Reimbursement is **NOT** automatic if the conditions to be legally registered with CPAM are not met.

**If you want to know more and you speak French, click [here](#) and [here](#)!**



## REMAINING A STUDENT

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You can remain a student during pregnancy : accommodations can be organized to keep up with the courses and take your exams in the best possible conditions. **We advise you to contact the Academic Department of your program at the earliest.**

## PARENTAL LEAVE

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If you have been working for more than 1 year in your company on the birth date of your baby, you can go on parental leave:

- ✓ For the first baby, the duration is 6 months for each parent.
- ✓ For the following babies, the duration is 2.5 years for one parent and 6 months for the other one (maximum).

During a parental leave, salary is not paid by your company and the allowance amount depends on your personal situation. To go on parental leave, please inform your company of your decision, by tracked mail, at least one month before the end of the maternity leave or 2 months before the due date if you decide to go on parental leave later. Companies cannot refuse a parental leave. After the parental leave, you should come back to your company in the same conditions as before (position and salary)

## MATERNITY LEAVE

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If you get pregnant and work in France, you can benefit from a maternity leave. The maternity leave comprises of a leave before and a leave after giving birth. Duration varies according to the number of expected babies and the number of already dependent children:

- ✓ Usually 6 weeks before and 10 weeks after birth
- ✓ From the 3<sup>rd</sup> child, the duration is 8 weeks before and 18 weeks after birth.
- ✓ If expecting twins, the duration is 12 weeks before and 22 weeks after birth.

In case of pathological condition, the maternity leave can be extended by 14 days before giving birth.



FACILITIES ON  
CAMPUS

Coming soon! A Family Room inside and outside  
Building B2 to relax, work, breastfeed, make new  
friends or meet old ones...



BABY ROOM IN BUILDING S

A brand new Baby Room has just open on the first floor of Building S  
(for MBAs' partners with babies only).



Come, visit and discover...



For any question and to get the door open, please contact [mbalogistic@hec.fr](mailto:mbalogistic@hec.fr).





## Obstetrician-gynecologist / Dr Sylvie Felix



- 1 bis, rue de Beuvron – 78350 Jouy-en-Josas
- By appointment only
- 20-minute walking distance from the campus
-  or  (0033 1 39 56 29 50)

## Licensed midwife / Mrs Lucie Chaignon



- 6, rue de Beuvron – 78350 Jouy-en-Josas
- By appointment only
- 20-minute walking distance from the campus
-  or  (0033 6 99 72 70 22)



If you face difficulties or if you just have questions to ask, feel free to contact [sosbébé](https://www.sosbebe.org). The team is composed of caring persons who can answer your questions in **English** with the help of experts (GP, psychologists, midwives, welfare professionals, legal advisors...). Calls are anonymous and remain confidential.

 01 42 47 08 67

 [contact@sosbebe.org](mailto:contact@sosbebe.org)