

Oula



PREGNANCY 101:

Oula's Guide to the 1st Trimester

Table of Contents

Who we are	04	Mindfulness & stress relief	34
Our philosophy	05	Making sense of do's and don'ts	36
The right provider, when you need them	06		
Your first trimester	08	Preparing for the future	38
So, what is the first trimester?	09	Education & resources	39
Your first trimester care summary	10	Warning signs & symptoms	42
Key first trimester visits	12	When to call us	43
Decisions & testing	14	Coping with pregnancy loss	44
Understanding your benefits	18	Managing miscarriage in the first trimester	45
All about wellness	20	Stay in touch	46
Common symptoms	21	Connect with your care team	47
Nutrition	24	Follow us on social	48
Vitamins, supplements & medication	26	Access your Oula Portal	48
Exercise	28	Contact us	50
Sleep	33		





Congratulations on your pregnancy!



This moment marks the start of an incredible adventure.

You might be feeling a mix of excitement and anxiety during this special time, and that's perfectly normal. We've created this guide just for you—a companion to help you navigate the first trimester with confidence and care.

Consider this booklet not just a collection of information, but a companion that covers the essentials for your journey into the first trimester. Congrats once again, and here's to the beginning of a beautiful chapter!



Trust your
intuition

PART ONE

Who we are

Oula's approach

Oula delivers maternity care that grows with you, offering comprehensive support before, during, and after pregnancy.



Caring for you, not just your pregnancy

Comprehensive care that considers your physical, mental, and emotional needs. We take your lived experience into account and support you at every stage of life—before, during, and after pregnancy.



A research-backed approach for better outcomes

Fewer C-sections, higher VBAC success rates, and fewer preterm births—we are setting a new standard in maternity care that delivers better outcomes for you and your baby.

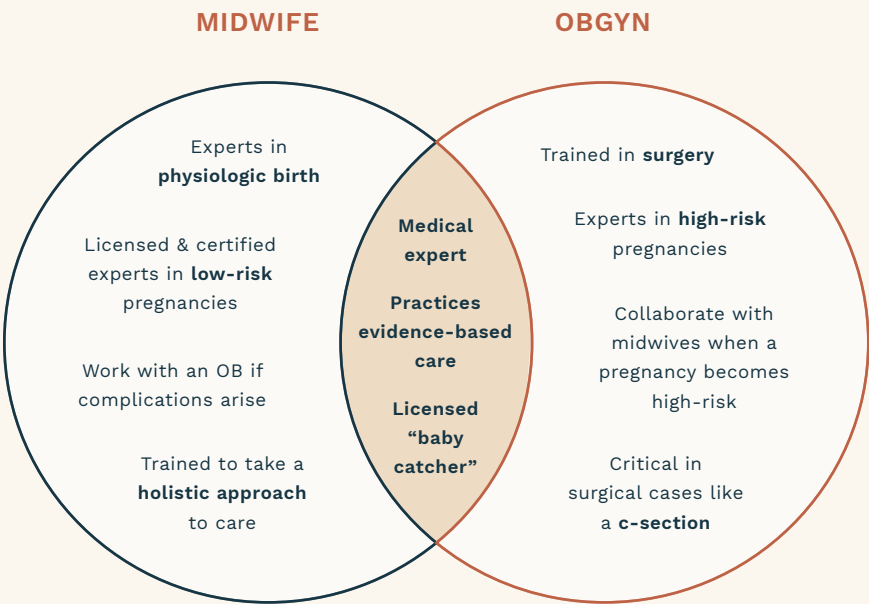


Meeting you where you are, without judgment

At Oula, there's no right way to give birth. We listen, respect your preferences, and make decisions with you, not for you.

The right provider, when you need them

Our team of trusted midwives, OBGYNs and dedicated care navigators ensure you get the type of care you need in the moments that matter most.



“ Finding Oula was such a blessing because I didn’t have to choose either or. I got the extra emotional support I craved from the midwives, but the peace of mind knowing that and OBGYN and Mt Sinai West Hospital were also at my disposal.”

— ABBY, OULA PATIENT

At Oula we combine the best of obstetrics and midwifery to provide comprehensive, research-backed care. Our team model allows you to meet all of our midwives during your prenatal care so you get to know everyone who will be at the hospital prior to your labor and birth experience.



Midwives

We like to say that everyone needs a midwife and some people need a doctor too. **Midwives are licensed and certified medical practitioners with particular expertise in low-risk pregnancies. Importantly, midwives are trained to pay particular attention to the “whole person.”** Many people feel judged or dismissed by their care providers today, but midwives work to understand how a person’s needs and their health are intertwined with their family, their community, their work, and their home.



OBGYNs

Just like midwives, OBGYNs are skilled, licensed, and certified medical professionals, yet they offer their services to both low and high risk birth (think pre-existing conditions, maternal or fetal issues that arise during pregnancy) and are **critical in cases where a surgical intervention like a c-section is necessary.** We believe the best care results from having access to both.



PART TWO

Your first trimester

So, what is the first trimester?

In short, your first trimester refers to the **first 12 weeks of pregnancy**. A typical pregnancy lasts about 40 weeks, and those weeks are broken up into three sections called trimesters. Each trimester lasts approximately 3 months or 12 weeks.

Over the course of the first trimester, the baby develops from just a few cells to about the size of a lemon (cue the fruit metaphors!). It's a critical time for the baby's development, as the foundation for vital organs like the heart, brain, and lungs is set during these early weeks. By the end of the first trimester, the baby develops many key characteristics resembling those of an adult and reaches a length of about three inches!



Your first trimester care summary



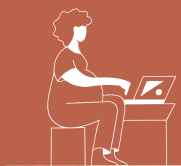
Preconception counseling

From demystifying cycle tracking and fertile windows to preparing for genetic testing, we've curated **a preconception program that goes beyond routine care and offers personalized support**, uniquely tailored to meet your needs. We offer virtual preconception counseling for those ready to begin their pregnancy journey.



Prenatal visits

At Oula, **we offer support as soon as you get a positive pregnancy test, starting with a virtual or in-person consult**. We'll schedule monthly appointments up until 28 weeks, bi-weekly until 36 weeks, and weekly until birth. Prenatal visits include clinical assessment of you and your baby, necessary bloodwork, ultrasounds and referrals for specialized testing.



Virtual classes & visits

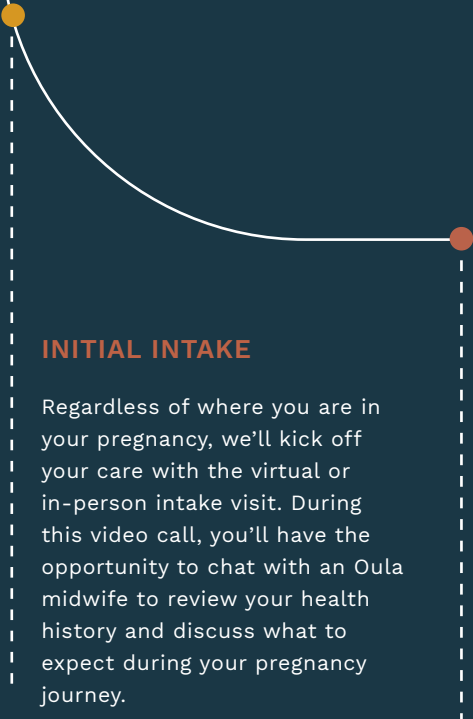
Meet with our care team from the comfort of your own home. **We include virtual classes in your care at Oula** to help you navigate birth preferences and prepare for the big day. We also offer **free workshops and discounts from our favorite brands** for both prenatal and postpartum patients.

Your pregnancy journey at a glance.



Your key first trimester visits

In addition to your usual monthly check-ins, you'll also come in for a few key visits. Your first trimester will include a few ultrasounds and genetic testing decisions, which you'll learn more about on the next few pages. Think of these as little milestones along your pregnancy journey!



INITIAL INTAKE

Regardless of where you are in your pregnancy, we'll kick off your care with the virtual or in-person intake visit. During this video call, you'll have the opportunity to chat with an Oula midwife to review your health history and discuss what to expect during your pregnancy journey.

WEEK 8-13

DATING & VIABILITY ULTRASOUND (IN-PERSON)

We'll perform an ultrasound to check on your baby and confirm gestational age (this is when we'll confirm your estimated due date!). This scan will likely be covered by your insurance plan, however we recommend that you check with your insurance provider.



WEEK 10-12 OR TRANSFERS

OFFICE VISIT & NIPT GENETIC SCREENING (IN-PERSON)

In this in-person appointment at the Oula clinic, we'll review your pregnancy plan, complete necessary bloodwork, listen to your baby's heartbeat, and give you the option to complete Non-Invasive Prenatal Testing (NIPT) or other genetic testing.

Decisions & testing

Carrier Testing

Carrier Testing is an optional one-time blood test that **looks for recessive gene disorders that you or your partner (or sperm donor) carry**. It's very common to carry one of these genes without having the disorder, but you and your partner or sperm donor would both have to carry the same recessive gene and pass it on in order for there to be any chance of your child having one of these genetic disorders.

- The basic testing panel tests for the most common recessive gene disorders such as Cystic Fibrosis, Tay Sachs, Fragile X, Sickle Cell Anemia, and Spinal Muscular Atrophy. You can also opt into Expanded Carrier Testing which screens for over 100 other disorders.
- Typically, if you are a carrier for one of these disorders, you may want to test your partner or sperm donor to ensure they are not also a carrier. You'll also receive helpful resources that help you understand your results. The test has nothing to do with any individual pregnancy, and can be done preconception or in the first trimester.

Genetic Screening: NIPT

“NIPT” stands for Non-Invasive Prenatal Testing and is **able to look for abnormalities in the baby’s chromosomes by picking up small fragments of their DNA in your blood**. It’s also the test that can tell you the baby’s sex ahead of the 20 week anatomy ultrasound, if you would like to know it.

This very sensitive screening test tells us with 99% certainty whether your baby has any issues with chromosomes 13, 18, or 21, and evaluates for abnormalities in the sex chromosomes (too many or too few of the X or Y chromosomes). NIPT is a maternal blood draw and does not carry any risks to your pregnancy.



Finding out the sex of the baby

You have the option of learning your baby's assigned biological sex. **This can happen as early as Week 10** if you opt into Non-Invasive Prenatal Testing (NIPT), or otherwise can happen at Week 20 during your anatomy ultrasound.

TIP

Make sure to tell your ultrasound tech at each appointment whether you know or want to know the sex of your baby!

Neural Tube Screening: AFP Testing

AFP is an **optional** screening test to evaluate your baby for a type of birth defect called a neural tube defect. The neural tube is what forms the brain, spine and spinal cord of the baby. Neural tube defects happen in very early embryonic development and can lead to conditions like spina bifida.

This optional one-time blood test looks for a protein made by the growing baby that can be found in a pregnant person's blood and can be done in our office at your 16 week in person visit.

Nuchal Translucency

The Nuchal Translucency scan is an **optional, specialized ultrasound screening test done between 11-14 weeks in your pregnancy**. During the ultrasound the sonographer will take an overall look at your baby, measure the “crown-rump” length (top of the head to the bottom of the tailbone) **to confirm that your due date is correct and that your baby is growing appropriately**.

Most importantly, this ultrasound will pay particularly close attention to an area at the back of the baby’s neck called the nuchal fold or nuchal translucency (NT).

Abnormal measurements of the nuchal translucency (NT) can be soft markers for chromosomal abnormalities or other syndromes, though the measurement is not 100% diagnostic. In addition, this ultrasound can identify a limited number of abnormalities with the baby’s heart, brain, spine or abdominal wall. The NT ultrasound will be reviewed by a Maternal Fetal Medicine Specialist who will make recommendations for further testing or for consultation with a genetic counselor as needed.

Understand your benefits

As soon as you know you're pregnant, it's a great idea to review your insurance plan and employee benefits to figure out what aspects of pregnancy care are covered.



Figure out which parts of pregnancy care are covered.

PRENATAL CARE

- Prenatal visits
- Standard blood work & ultrasounds
- Hospital stay
- Additional care, if risk factors are identified

POSTPARTUM CARE

- Postnatal visits
- Breast pump
- Lactation consultation

PARENTAL LEAVE

- Coverage varies based on your employer's policy
- Additional state-level parental leave (2021: 12 weeks of leave at 67% of average weekly wage)

TIP

You may want to change to a lower deductible plan during open enrollment—**usually at the end of the year!**



PART THREE

All about wellness

Common symptoms

Some people start experiencing symptoms as early as four weeks (right around the time you would miss your period), while others may not experience symptoms until weeks later.

SOME COMMON SYMPTOMS INCLUDE

Nausea	Light cramping
Fatigue	Tender, swollen breasts
Increased urination	or nipples

Nausea is one of the most common discomforts of early pregnancy. Some degree of nausea and vomiting occurs in up to 90% of patients. Symptoms can occur at any point, day or night, making the term “morning sickness” lack accuracy for many people. Majority of symptoms will resolve by the 2nd trimester but in a small percentage of people, these symptoms can persist later into the pregnancy. Regardless of the severity or duration of your symptoms, nausea & vomiting of pregnancy can be exhausting, disruptive and stressful.

We're here to support you with some tried and true methods for approaching nausea in pregnancy.

1

Eat early and often! Rather than two or three big meals, switch to lots of small meals throughout the day. Nausea is often worse on an empty stomach.

2

If your symptoms are worse in the morning, **keep bland carbohydrates (like saltines) on your nightstand** to munch on.

3

Know your triggers. If you notice certain smells or foods worsen nausea, feel free to ban those things from your home (common triggers include strong fragrances, garlic, onion, meat or eggs).

4

Stay very hydrated. Remember to drink plenty of water throughout the day and experiment with adding electrolytes to help your body maintain hydration (coconut water, electrolyte packets, pedialyte, etc.).

5

Some people find **flavors like ginger and citrus** can help stave off pregnancy nausea, so **try drinks or candies with these flavors** and see what works for you.



WHEN TO CALL US:

- Any severe symptoms which interfere with your normal activities (i.e. you are unable to go to work).
- Vaginal bleeding or spotting. This isn't always a cause for concern, but we want to know about it so we can rule out possible complications
- Nausea or vomiting that keeps you from eating or drinking all day long.
- Pain with urination or foul smelling urine
- Lumps in your breasts



For more information on early signs of pregnancy and common symptoms, check out our **[BLOG POST](#)**.

Nutrition

Many of your first questions about early pregnancy will likely be related to nutrition.

You'll find a lot of bad advice which can leave you confused and misinformed. The best way to combat this is to focus on the things you CAN eat versus the things you CAN'T.

FOODS TO FOCUS ON:

- You might be experiencing low energy or nausea, but try to **focus on colorful fruits and vegetables that contain phytonutrients** and offer anti-inflammatory benefits. Tomatoes, carrots, and squash are great here.
- For nausea, **try bananas, seeded crackers, apples, berries, ginger, or chickpeas**. Also, don't forget to stay hydrated! Aim to drink at least 70 oz of water per day.



For more information on the best things you can eat during pregnancy, check out our **[BLOG POST](#)**.

Nutrition plays a key role in preparing your body for childbirth, and embracing a variety of foods is a wonderful way to nourish your body and support the baby's growth. Start by supporting your body with nutrient-dense foods to get those key nutrients your baby needs in the first weeks of pregnancy.

We recommend focusing on a few key nutrients:

	FOUND IN	SUPPORTS
 FOLATE	Leafy greens (think kale or cabbage), beans, lentils, hummus	Baby's brain development, red blood cell count
 OMEGA-3	Salmon, anchovies, chia seeds, nuts, eggs	Fetal and newborn neural development
 IRON	Chickpeas, spinach, lentils, pumpkin seeds, red meat, tofu, quinoa	Pregnancy anemia prevention, hemoglobin production
 CALCIUM	Tahini, yogurt, almonds, collard greens, and even figs!	Baby's bones, teeth and muscular and nervous system
 VITAMIN D	Daily sun exposure, but also egg yolks, wild salmon, mushrooms	Calcium absorption and muscle function for you and your baby

If you find it challenging to include certain foods in your diet, don't worry—**taking vitamins and supplements is an alternate way to ensure you and your baby receive the necessary nutrients.** If you find yourself only reaching for simple carbs and fruits during this time when nausea runs abundant, don't stress. Your preconception nutritional stores will provide most of what your fetus needs until you're feeling better and can start to branch out nutritionally again.

Vitamins, supplements & medication

If you haven't already started during preconception, start taking your prenatal vitamins! If you find yourself nauseous and unable to swallow a pill, try a chewable or gummy option in the interim.



When vetting a prenatal, here are the most important nutrients to focus on:

FOLATE

Supports neural tube development

IRON

Provides adequate energy and red blood cell formation

CALCIUM

Helps maintain bone health

VITAMIN D

For immune system support, and bone, muscle and teeth health

OMEGA-3 FATTY ACIDS

Supports eye and brain growth

CHOLINE

Supports neural tube development

B6

For developing brain and nervous system

B12

Important for supporting the nervous system

Medications & remedies

We'll do a thorough intake of all medications you're taking during our first virtual appointment. If you're feeling some discomfort, there are safe remedies you can take to mitigate your symptoms.



See our **APPROVED OTC MEDICATION LIST** for a full list of safe remedies

There are a few medications that are to be avoided completely in pre-pregnancy or early pregnancy—these include acne medications like Retin-A and salicylic acid, or some chemotherapy agents. A much longer list of medications exist in a gray area, where there is a theoretical risk of birth defects that might need to be balanced against the risk to your health if you stop the medication. This is why it is always best to talk to your care team about all medications you're taking.

Some safe remedies with limited risk during pregnancy include:

COMMON DISCOMFORT	NATURAL REMEDY	OTC MEDICATION
HEARTBURN	Papaya enzymes, don't lie down after eating, avoid spicy or greasy foods, eat small frequent meals	Tums, Tagamet, Pepcid
NAUSEA & VOMITING	Small frequent meals every 2 hours, eat before rising (crackers at the bedside), ginger tea chews or candy, peppermint, wrist bands for motion sickness	Unisom, Vitamin B6
COUGH/SORE THROAT	Manuka honey, gargling with salt water	Plain Robitussin (not DM)
HEADACHE	Hydration, exercise, eating	Tylenol, Vitamin B Complex & Magnesium
MUSCULAR PAIN	Epsom salt bath, massage, stretching, hot compress / rice sock; cold compress as well (alternate hot/cold)	Tylenol, Icy Hot / Ben Gay

Exercise

We encourage you to continue or start exercising during your pregnancy, but different types of exercise might be better suited or more comfortable depending on your current trimester.

KEEP UP YOUR ROUTINE.

Generally, **any exercise that you did pre-pregnancy can be continued** (perhaps with modifications) throughout your pregnancy. If you are a runner, keep running. If you are a yogi, keep up your yoga practice, but it's always a good idea to ask your teacher for pregnancy-safe modifications!

BE GENTLE WITH YOURSELF.

We don't recommend that you suddenly undertake strenuous exercise that is new to you. **If exercise is not a habit of yours, early pregnancy is a great time to start, but we want you to start gently:** a 20-30 minute walk 3-4 times per week is a great way to establish an exercise habit that is sustainable throughout pregnancy. Remember to stay well hydrated (3-4 liters of water per day, more if it is hot outside or if you are sweating a lot), and stay cool—dress in layers and skip the hot yoga.

Many people find that pregnancy causes them to feel somewhat breathless, or more easily winded. Cardiovascular changes can start early in the pregnancy as your heart and lungs adjust to increased blood volume. When exercising, aim for 75% of your pre-pregnancy max heart rate, and slow your pace or intensity if you feel winded.



Many people find that pregnancy causes them to feel somewhat breathless, or more easily winded.

When to stop:

- If you have pain
- If you can't catch your breath
- If you feel like your heart is racing or skipping beats
- If you notice any vaginal bleeding or leakage of watery discharge



Sleep

In addition to exercise, paying attention to your sleep patterns becomes even more vital during the first trimester.

Quality sleep plays a significant role in hormone production and overall well-being for both you and your baby.

Establishing healthy sleep habits can greatly support your hormone health and contribute to a smoother pregnancy journey.

Tips for maintaining healthy sleep:

1

Be consistent: Go to sleep and wake up at similar times each day, regardless of whether it is a weekday or weekend.

2

Create a nighttime routine: Implementing a wind down routine (dimming the lights, reading a book) to help you fall asleep more seamlessly.

3

Set up a comfortable environment for sleep: Set your room to a cool temperature, block out light, and make sure you have comfortable bedding and pillows.

4

Cultivate a daytime routine: Implementing healthy daily habits can support your circadian rhythms! Get exposure to sunlight, be physically active, take a warm bath before bed.

Mindfulness & stress relief

Navigating the first trimester of pregnancy often comes with its own set of challenges and uncertainties. Having a baby is a big life change, and it's perfectly normal to experience stress and anxiety during this time. Creating a routine that centers mindfulness and stress relief is important for your well-being and overall health.

Tried and true methods we can employ to relieve stress and help ease anxiety:

- 1 Create a meditation practice:** research shows that meditation can reduce stress, anxiety, and depression and actually decrease the frequency of negative thoughts.
- 2 Keep moving:** Physical activity is a great way to destress. Do whatever physical activity makes you feel your best—whether that means doing something outdoors or a yoga class.
- 3 Stay social, but be mindful of social media:** Prioritize the activities you do with friends that bring you joy and make you feel like you. But set healthy boundaries with social media. Focus on you—everyone's journey looks different.
- 4 Try acupuncture:** Acupuncture has been found to reduce anxiety and calm the nervous system.



Making sense of do's and don'ts

Pregnancy is often accompanied by a laundry list of things you shouldn't do, which can leave you feeling overwhelmed and anxious. It's easy to fall prey to myths and misconceptions because there are SO many out there!

Myths

"I woke up and found myself on my back, does that mean I damaged the baby?"

"I was drunk before I knew I was pregnant, surely that will impact my baby's development."

"I heard I should not take any vaccines while I'm pregnant, including the flu vaccine."

"I should stop running or exercising because it will shake up the baby."

Per the evidence, what does matter?

PAY ATTENTION TO AND AVOID:

- **Listeria:** Be mindful of any listeria recalls in the news
- **Toxic habits during pregnancy:** Alcohol, smoking, drugs
- **Toxoplasmosis:** Raw meats and exposure to stray cats
- **Mercury exposure:** King Mackerel, shark, swordfish, marlin, tilefish
- **“Live” vaccines:** ie. MMR/Varicella

Per the evidence, what can you focus on less?

YOU CAN RELAX ABOUT:

- **Caffeine:** 1-2 cups a day is fine
- **Vaccines:** Flu shots, Covid & tDAP boosters, and RSV vaccines are safe and recommended in pregnancy!
- **Exercise:** Whatever you did before is probably fine! Listen to your body
- **Fish consumption:** Sushi and most fish is probably fine!
- **Sex during pregnancy:** Will not hurt the baby and there is no “limit”
- **Ultrasound safety:** Routine ultrasounds are safe
- **Sleep positions:** Most important is getting good sleep!
- **Planes:** Make sure to stay hydrated and move around



PART FOUR

Preparing for the future

Education & resources



Virtual classes & visits

Virtual classes are included with your care at Oula, including our Birth preferences workshop for all of your questions to prepare you for the big day. Visit our blog (oulahealth.com/community) to get the latest pregnancy tips and recommendations from our care team. For specific questions or personalized advice, message our care team via the Oula portal at any time.



Supplementary services

We believe in pairing your clinical care with our vast referral network of multidisciplinary care providers depending on your needs. Though we are focused on your obstetrical medical care, we are happy to provide you with referrals and recommendations.

TIP

Visit the portal to get recommendations for doulas, lactation consultants, mental health therapists, pelvic floor therapists, nutritionists, and more.

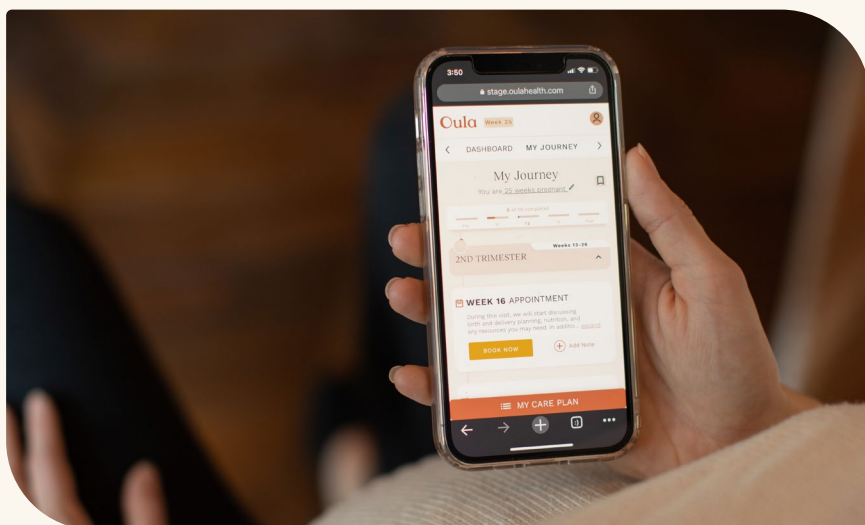


The Oula Portal

Your Oula Portal lives at the center of your Oula experience!

HERE, YOU'LL BE ABLE TO ACCESS ANYTHING YOU NEED TO NAVIGATE YOUR PREGNANCY:

- Book your next visit
- Message your care team
- View your upcoming visits
- View your lab results
- Sign up for upcoming workshops
- Redeem exclusive discounts from beloved brands





Oula Perks

Access complementary pregnancy workshops and discounts from Oula's brand partners.

WORKSHOPS

We know that pregnancy and becoming a parent is way more than just a medical event! You're growing a human, growing a family, and even evolving your identity. We've partnered with our favorite brands to bring you expert-led workshops to get you prepped for parenthood.

DISCOUNTS

As an Oula patient, you get access to discounts and offers from premium brands across a range of products and services—from maternity wear to postpartum meal plans to baby essentials.



Visit the Perks tab in your **OULA PORTAL** for access.



PART FIVE

Warning signs & symptoms

When to call us

During the first trimester of pregnancy, it's important to pay attention to your body and contact us if you experience any concerning symptoms. While some symptoms are normal during pregnancy, others could indicate a potential problem.

Call us if you experience any of the following symptoms:

- Vaginal bleeding or spotting
- Severe abdominal pain or cramping
- Vaginal discharge that has an odor, a color like green or yellow, or that causes itching or burning
- Nausea or vomiting that keeps you from eating or drinking
- Painful urination
- Dizziness or fainting

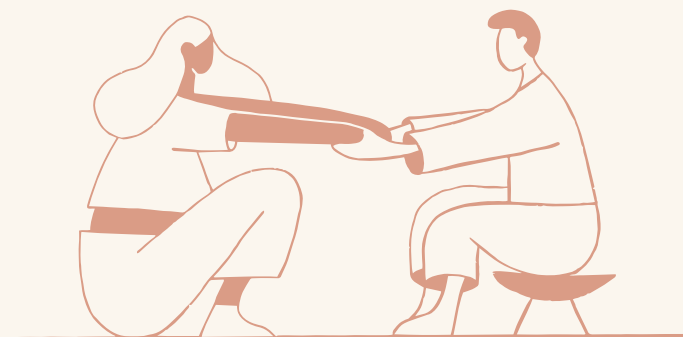


If you are concerned about a possible miscarriage please reach out to us immediately at (718) 400-8339. If this is an emergency, call 911.

Coping with pregnancy loss

Experiencing a pregnancy loss can feel overwhelming. Having the right information and support makes a big difference. When a miscarriage happens, it means the pregnancy ends before the baby can survive outside the womb, usually before 20 weeks. It's important to remember that **a miscarriage is never your fault**. Activities like exercise, stress, or sex don't cause miscarriages.

Pregnancy loss at any gestational age can be heartbreaking and traumatic. Feelings of grief, anger, uncertainty, fear, and disappointment are valid, as are a sense of relief or indifference. We will not judge your response to pregnancy loss, but we are eager to walk this path with you, and ensure that you get the care you need.



Managing miscarriage in the first trimester

There are three options for managing most miscarriages in the first trimester:

WAIT IT OUT

Waiting it out means letting the body handle the miscarriage naturally. This means offering a window of time for the body to expel any pregnancy tissue on its own. Natural miscarriage might feel similar to having a heavy period with bleeding, small clots, and cramping. Over the counter pain relievers can help manage any discomfort during this time. Your care team will keep an eye on things and support you at every step along the way.

MEDICATION MANAGEMENT

Medication management involves taking medicine to help the body expel the remaining pregnancy tissue. This method allows you to manage the miscarriage from the comfort of your home. You will meet with an Oula provider to receive the necessary medications, discuss what to expect, and plan for monitoring and follow-up care.

DILATION AND CURETTAGE (D&C)

D&C is a procedure that involves a minor surgery done in a clinic or ambulatory surgical setting to carefully remove any remaining pregnancy tissue. This can be performed under anesthesia to avoid any discomfort. After the procedure, there may be some bleeding and cramping, but recovery is generally swift.



PART SIX

Stay in touch

Connect with your care team

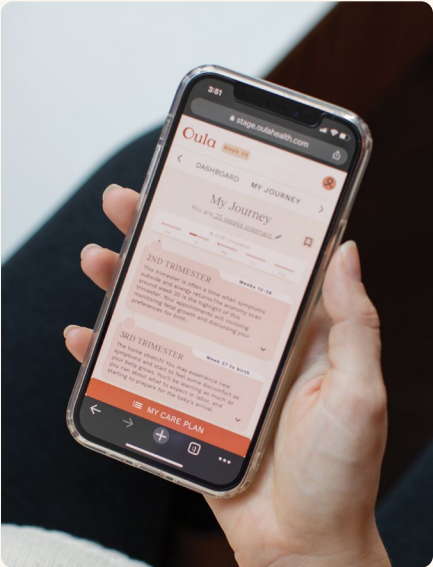
The Oula Portal is the main way to get in touch with us. However, there are times when a phone call is best.

Here's how to decide the best way to get in touch:

MESSAGE US	CALL US
• New, common symptoms (ie., nausea, fatigue, back pain). • Lab results including genetic screenings will be posted in the results section of the portal. • If you need to reschedule or cancel your appointment with more than 24 hours notice please make changes directly in the portal. • Questions or updates about your insurance, our Covid protocols, late policy, or confirming your appointment details.	• Emergency symptoms (ie., cramping with bleeding, fever, abnormal discharge, covid symptoms, or if you are in labor). • We will always call and message you first if your results are abnormal. • If you need to make changes to your visit same-day or are running more than 10 minutes late please call us so we can advise if we need to reschedule. • If you are unable to access your portal account.

Follow us on social

FOLLOW US @OULAHEALTH



Access your Oula Portal

LOG IN



Oula

CONTACT US

New York



Soho Clinic

LOCATION

202 Spring St.
New York, NY

PHONE

(646) 889-2211
Fax: (917) 475-1014

EMAIL

hellonyc@oulahealth.com



Upper West Clinic

LOCATION

2875 Broadway
New York, NY 10025

PHONE

(646) 349-3220
Fax: (646) 346-5671

EMAIL

hellonyc@oulahealth.com



Brooklyn Clinic

LOCATION

109 Montague Street,
Brooklyn, NY

PHONE

(718) 400-8339
Fax: (718) 576-3434

EMAIL

hellonyc@oulahealth.com

Connecticut



Norwalk Clinic

LOCATION

255 Westport Ave,
Norwalk, CT 06851

PHONE

(203) 349-2950
Fax: (203) 616-4124

EMAIL

hellocot@oulahealth.com

North Carolina



Cotswold Clinic

LOCATION

129 Greenwich Rd
Charlotte, NC 28211

PHONE

(704) 266-6454

EMAIL

hellonc@oulahealth.com



Oula

HELLO@OULAHEALTH.COM
OULAHEALTH.COM