

# Welcome to Kaiser Permanente

## CENTERS FOR REPRODUCTIVE HEALTH



You want to start a family, but it hasn't been easy. When you're looking for a solution, it's good to be on familiar ground. With Kaiser Permanente, you'll be taken care of by a team of medical specialists who know you and understand your wishes. Your personal infertility doctor will coordinate your care with the IVF team to ensure that your care is unique and specific to your needs.

### Kaiser Single Embryo Transfer (KSET) – One Path to a Healthy Pregnancy

One treatment your infertility doctor may like you to consider is a single embryo transfer. This procedure, also called SET, refers to the transfer of a single day five embryo known as a blastocyst. If your prognosis for success is exceptionally good, then you may be a candidate for a unique program offered by the Kaiser Permanente Centers for Reproductive Health called KSET.

### Up to Three Chances for One Healthy Baby

During in vitro fertilization (IVF) treatment and before your embryos are transferred into your uterus, a very important question must be answered: How many embryos will be transferred? Because it is not possible for the physician or embryologist to know for certain that any one embryo will lead to a live birth, it is common practice for most patients to transfer more than one embryo. This practice increases the chance of multiple pregnancies – twins and, occasionally, triplets or more.

Because candidates for KSET are likely to respond favorably to IVF, transferring more than one embryo makes them very likely to have multiples. Although the prospect of conceiving twins may seem attractive, the potential for complications during a twin pregnancy are much higher. Most twin pregnancies lead to the birth of two healthy babies. However, twin pregnancies carry higher risks than singleton pregnancies, both for the children and the mother. Therefore, our goal is to help you achieve a pregnancy, one baby at a time.

Women who are 37 years old and under at the time of their first IVF cycle and who also have two to three good quality blastocysts on day 5 will be offered enrollment in the KSET program. We understand your desire for a successful IVF cycle. If the initial single transfer is not successful, we will offer you either one (if you have two good quality blastocysts on day 5) or two (if you have 3 good quality blastocysts on day 5) complimentary single frozen embryo transfers. We offer these complimentary options because we share your goal to have one healthy baby at a time. We also offer these options because many studies have shown that women who transfer one fresh blastocyst and then, if needed, one frozen-and-thawed blastocyst dramatically reduce their rate of multiple births while achieving a rate of birth similar to the rate that is achieved without SET.

We know you may feel overwhelmed with information right now and it is still too early in the process to guarantee that KSET is right for you. However, if your prognosis for success is very good, we would like you to consider this option. If you have any questions, please speak with your IVF physician.

Many Kaiser Permanente members have coverage for the diagnosis and treatment of infertility, and some members have coverage for in vitro fertilization (IVF) procedures if IVF is listed as a covered benefit in the Evidence of Coverage for their Kaiser Permanente health benefit plan. Otherwise, the services described are provided on a fee-for-service basis, separate from and not covered under your health plan benefits. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc., Kaiser Foundation Health Plan Inc., and Kaiser Foundation Hospitals who may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your health plan benefits, please see your Evidence of Coverage.