



Supporting Your Birth, LLC
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Supporting Your Birth Basic Care Plan \$3400

- In depth initial prenatal visit, 1.5- 2 hours
- All routine prenatal visits , 45-60 minutes each (every 4 weeks until 28 weeks; every 2 weeks from 28-36 weeks, every week from 36 weeks until birth).
- Random glucose screen at home at 26-28 weeks.
- Labor and birth support (includes midwife and assistant).
- Suturing of tears (with lidocaine) if needed.
- Registration of the birth certificate with Arizona Vital Statistics.
- Private in-home visit from an IBCLC in first week postpartum (2-3 hours)
- All postpartum visits 45-60 minutes each (for home birth, typically 1 day, 3-5 days, 10-14 days if needed, and 5 weeks).

What costs are not included?

- *Pap smear
- Blood work
- Vitamins or supplements
- *Genetic Screening (MSAFP)
- Ultrasound, at least one recommended
- *Perinatal consult(s) for higher risk situations.
- *Non-stress test or BioPhysical Profile to check on baby's wellbeing in utero
- Birth Kit (for sterile supplies)
- Supply List (most found at home or Dollar Store)
- Birth pool and supplies for water birth if desired
- *Costs associated with hospital transfer or hospital care
- Vitamin K and/or *Erythromycin eye ointment if desired
- Recommended Pediatrician visit 1-2 weeks postpartum
- Newborn Hearing Screen (free location available)

*Uncommon, but possible depending on your history and pregnancy health.