



Supporting Your Birth, LLC  
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## Supporting Your Birth Complete Care Plan \$5000

- 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.
- **Organic teas for pregnancy, labor, postpartum**
- **Initial visit with Pelvic Floor Therapist**
- **Follow up visit with PFT OR massage, prenatally**
- **Supply List (for non sterile supplies)**
- **Inflatable pool (single use)**
- **Birth Kit (for sterile supplies)**
- Labor and birth support (includes midwife and assistant).
- **\$300 towards Doula Program**
- **Postpartum bath herbs**
- Suturing of tears (with lidocaine) if needed.
- **First Newborn Screen at 24-48 hours**
- 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).
- **Follow up postpartum visits with Pelvic Floor Therapist (x2)**

### 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
- \*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.