

HOMEBIRTH PACKAGES

The only difference between the two packages is the premier package having all the appointments at the cient's home as opposed to coming into the clinic for appointments

	\$8000 Basic package includes	\$10 900 Premier Home visit Package Includes
Prenatals at home	36wk	All
Prenatals in clinic	All except 36 weeks	None
Post partums in clinic	2 week, 6 week (4 week optional)	None
Post-partums at home	48 hr , 1 week	All
Standard functional nutrition labs & nutrition guide through pregnancy	Included	
Prenatal yoga	2 hour class , twice a month	
Childbirth Education classes (CBE)	Monthly (3 topic rotation)	
Birth Tub lending	Included	
New Born metabolic Screens	Included	
Lactation visit by IBCLC	1 week post partum visit	
Prenatal massage	1 prenatal massage in office	
Post partum massage	1 post partum massage at home	
Newborn Craniosacral session	1 post partum session for baby	
Labs (not included)	Runs through insurance (in case of no insurance : \$550 cash pay)	

LACTATION VISITS:

- 1 week post partum/ lactation visit is included in all packages, any follow up lactation visits are an additional cost: see Anne's page on the website for pricing and for insurance information.
- Client on Basic package: if you are outside city limits, a travel fee will be required for the 1 week lactation visit

OFFICE LOCATION:

· Current location: 6010 Balcones Drive, Austin, 78731

INSURANCE:

- We do not directly take insurance. We can put you in contact with a biller to run your verification of benefits. The verification of benefits also helps them better answer your questions regarding reimbursement. This is their area of expertise and service. We are not involved in the process at all.
- · Click here to Submit VOB with the biller

EMAIL: AUSTINMIDWIFERYCOLLECTIVE@GMAIL.COM

TEL: 888 475 8155 FAX: 801 685 3165

WEBSITE: WWW.AUSTINHOMEBIRTHMIDWIFE.COM

Basic package

\$8000: ASSUMING LABS GO THROUGH INSURANCE

INCLUDES STANDARD MIDWIFERY CARE:

- PRENATAL APPOINTMENTS IN OFFICE (MONTHLY UNTIL 28 WEEKS, BI-WEEKLY FROM 28-36 WEEKS, AND WEEKLY FROM 36 WEEKS TO DELIVERY)
- 36 WEEK HOME VISIT
- ADDITIONAL PRENATAL APPOINTMENTS IF NEEDED.
- 24/7 ON CALL MIDWIFE ACCESS FOR EMERGENCIES
- VITAMIN K AND ERYTHROMYCIN FOR NEWBORN (IF DESIRED).
- BIRTH POOL
- BIRTH/POSTPARTUM ASSISTANTS.* (ADDITIONAL FEE ADDED IN THE CASE OF BREECH OR TWINS)
- POSTPARTUM CARE FOR CLIENT AND BABY IMMEDIATELY AFTER BIRTH FOR A MINIMUM OF 2 HOURS.
 - IN-HOME VISITS AT 24-72 HOURS POSTPARTUM,
 - IN OFFICE VISITS APPROXIMATELY 2 WEEKS, 6 WEEKS POSTPARTUM.
 - 4 WEEK VISITS OR PHONE CALLS OPTIONAL DEPENDING ON SUPPORT NEEDED.
- ONE NEWBORN SCREEN, 24-72 HOURS.
- ONE NEWBORN SCREEN, 1-2 WEEKS.

ALSO INCLUDES:

- STANDARD FUNCTIONAL LABS & NUTRITION SUPPORT WITH FUNCTIONAL DIETITIAN FOR DURATION OF PREGNANCY
- TWICE A MONTH PRENATAL YOGA CLASSES
- 3 CHILDBIRTH EDUCATION CLASSES
- 1 PRENATAL MASSAGE IN OFFICE
- 1 LACTATION VISIT WITH IBCLC
- 1 POST PARTUM MASSAGE AT HOME
- 1 NEWBORN CRANIOSACRAL MASSAGE SESSION

MATERNAL LABS INCLUDE:

ROUTINE OB LABS PLUS STANDARD FUNCTIONAL LABS INCLUDES:

- FULL OB PANEL INCLUDING HIV, HEP B,HEP C.....INITIAL VISIT
- URINE CULTURE......INITIAL VISIT
- CHLAMYDIA & GONORRHEA, TRICHOMONAS.....INITIAL VISIT
- FULL THYROID WITH HASHIMOTO SCREEN......./......INITIAL VISIT
- VIT D......INITIAL VISIT
 FULL IRON PANEL.....INITIAL VISIT
- RH NEGATIVE ANTIBODY SCREENS IF RH26 WKS
- KH NEGATIVE ANTIBODY SCREENS IF KHINITIAL VISIT, 28 WKS,
- AVERAGE GLUCOSE/INSULIN METABOLISM(......<11 WKS
- CBC AND FERRITIN......INITIAL VISIT, 28 WKS, 36 WEEKS
- GESTATIONAL DIABETES SCREEN., (OPTIONS AVAILABLE)....28 WKS
- GROUP B STREP36 WKS

CURRENT CLINIC ADDRESS:

6010 BALCONES DR SUITE 100 AUSTIN 78731

NOT INCLUDED:

- FULL FUNCTIONAL LABS (SEE ADDENDUM)
- ALL ULTRASOUNDS
 - RECOMMENDED ULTRASOUNDS:
 - DATING ONLY IF NEEDED/DESIRED
 - ANATOMY SCAN 19-22 WEEKS
 - BIOPHYSICAL PROFILE EVERY 3 DAYS STARTING AT 41 WEEKS.
 - INSURANCE CAN BE USED AT MATERNAL FETAL MEDICINE WITH A REFERRAL FROM US
 OR
 - TYPICALLY \$250 CASH PAY AVAILABLE PER ULTRASOUND
- Additional maternal labs including Genetic Screening.
 - GENETIC SCREEN CAN RUN THROUGH INSURANCE OR BE PAID CASH,
- NEWBORN HEARING SCREEN
- RHOGAM.
- DOULA SUPPORT.
- VITAMINS AND SUPPLEMENTS.
- HOME BIRTH ACCESSORIES FOR TUB: TUB LINER, ADAPTERS, HOSE
- HOME BIRTH ITEMS REQUIRED LIKE TOWELS; BLANKETS, SANITARY PADS ETC
 - WE PROVIDE A LINK TO A HOME BIRTH SUPPLY KIT TO BE PURCHASED PRIOR TO 36WKS

Payment schedule for Basic package

OUR COLLECTIVE MIDWIFERY CARE IS BROKEN INTO TWO PARTS

- PRENATAL SERVICE: WEEK 10-37: \$4200
 - 1NITIAL NON REFUNDABLE DEPOSIT IS DUE AT INITIAL APPOINTMENT (10 WKS)
 - (IF LABS ARE CASH PAY : ADDITIONAL \$550)
 - REQUIRED MONTHLY PAYMENTS/DEBIT PLAN FROM 14 WEEKS, TERMINATES AT 34 WEEKS.
- ON CALL SERVICE: WEEK 37-6 WEEKS POST PARTUM: \$3800
 - ON CALL SERVICE PAID AT 36 WEEKS.

REFUND POLICIES

- WEEK 10-34: AUTOMATIC DEBIT PAYMENTS WILL BE SET UP. THESE PAYMENTS CREATE ONE PRENATAL **PACKAGE THAT IS NON REFUNDABLE**. THESE FEES INCLUDE ACCESS TO FUNCTIONAL MEDICINE CONSULTS, MENTAL, PRENATAL YOGA AND CHILDBIRTH EDUCATION CLASSES REGARDLESS IF YOU TRANSFER OUT OF CARE PRIOR TO 37 WEEKS.
- WEEK 36 WILL COME WITH AN INVOICE FOR ON CALL SERVICE FEES. BY 37 WEEKS WE ARE ON CALL FOR YOUR BIRTH 24/7 UNTIL YOU HAVE DELIVERED. **THIS FEE IS NON REFUNDABLE**.
 - IN THE SITUATION THAT YOU TRANSFER PRIOR TO 37 WEEKS, YOU WILL NOT BE RESPONSIBLE FOR THE ON CALL SERVICE FEE
 - IN THE SITUATION THAT YOU TRANSFER AFTER 37 WEEKS PRIOR TO LABOR DUE TO PREGNANCY COMPLICATIONS, WE REMAIN PART OF YOUR TEAM IN DECISION MAKING, SUPPORT AND POST-PARTUM CARE.
 - IN THE SITUATION THAT YOU TRANSFER DURING LABOR, WE ACCOMPANY YOU AND GIVE SUPPORT AS NEEDED AS WELL AS POST PARTUM CARE AFTER HOSPITAL DISCHARGE.

Premier package

\$10 900: ASSUMING LABS GO THROUGH INSURANCE

INCLUDES STANDARD MIDWIFERY CARE:

- PRENATAL APPOINTMENTS IN HOME (MONTHLY UNTIL 28 WEEKS, BI-WEEKLY FROM 28-36 WEEKS, AND WEEKLY FROM 36 WEEKS TO DELIVERY)
- ADDITIONAL PRENATAL APPOINTMENTS IF NEEDED.
- 24/7 ON CALL MIDWIFE ACCESS FOR EMERGENCIES
- VITAMIN K AND ERYTHROMYCIN FOR NEWBORN (IF DESIRED).
- BIRTH POOL
- BIRTH/POSTPARTUM ASSISTANTS.* (ADDITIONAL FEE ADDED IN THE CASE OF BREECH OR TWINS)
- POSTPARTUM CARE FOR CLIENT AND BABY IMMEDIATELY AFTER BIRTH FOR A MINIMUM OF 2 HOURS.
 - IN-HOME VISITS AT 24-72 HOURS POSTPARTUM,
 - IN -HOME VISITS APPROXIMATELY 2 WEEKS AND 6 WEEKS POSTPARTUM.
 - 4 WEEK VISITS OR PHONE CALLS OPTIONAL DEPENDING ON SUPPORT NEEDED.
- ONE NEWBORN SCREEN, 24-72 HOURS. (OPTIONAL)
- ONE NEWBORN SCREEN, 1-2 WEEKS. (OPTIONAL)

ALSO INCLUDES:

- STANDARD FUNCTIONAL LABS & NUTRITION SUPPORT WITH FUNCTIONAL DIETITIAN FOR DURATION OF PREGNANCY
- TWICE A MONTH PRENATAL YOGA CLASSES
- 3 CHILDBIRTH EDUCATION CLASSES
- 1 PRENATAL MASSAGE IN OFFICE
- 1 LACTATION VISIT WITH IBCLC
- 1 POST PARTUM MASSAGE AT HOME
- 1 NEWBORN CRANIOSACRAL MASSAGE SESSION

MATERNAL LABS INCLUDE:

ROUTINE OB LABS PLUS SOME FUNCTIONAL LABS INCLUDED

- FULL OB PANEL INCLUDING HIV, HEP B,HEP C.....INITIAL VISIT
 URINE CULTURE.....INITIAL VISIT
- CHLAMYDIA & GONORRHEA, TRICHOMONAS......INITIAL VISIT
- FULL THYROID WITH HASHIMOTO SCREEN....../.....INITIAL VISIT
- VIT D.....INITIAL VISIT
- FULL IRON PANEL.....INITIAL VISIT
- INFLAMMATORY MARKERS,.....INITIAL VISIT, 28 WKS,
- AVERAGE GLUCOSE/INSULIN METABOLISM(......11 WKS
- CBC and ferritin......initial visit, 28 wks, 36 weeks
- GESTATIONAL DIABETES SCREEN.. (OPTIONS AVAILABLE)....28 WKS
- GROUP B STREP36 WKS
- RH NEGATIVE ANTIBODY SCREENS IF NEEDED......26 WKS

PLEASE NOTE. WE HAPPILY SERVE YOU AT HOME WITHIN CITY LIMITS. FOR CLIENTS OUTSIDE OF CITY LIMITS WE ASK FOR AN ADDITIONAL \$500 TO COVER OUR TIME FOR ALL HOME VISITS

NOT INCLUDED:

- FULL FUNCTIONAL LAB COSTS
- ALL ULTRASOUNDS
 - RECOMMENDED ULTRASOUNDS:
 - DATING ONLY IF NEEDED/DESIRED
 - ANATOMY SCAN 19-22 WEEKS
 - BIOPHYSICAL PROFILE EVERY 3DAYS STARTING AT 41 WEEKS.
 - INSURANCE CAN BE USED AT MATERNAL FETAL MEDICINE WITH A REFERRAL FROM US

OR

- TYPICALLY \$250 CASH PAY AVAILABLE PER ULTRASOUND
- ADDITIONAL MATERNAL LABS INCLUDING GENETIC SCREENING.
 - GENETIC SCREEN CAN RUN THROUGH INSURANCE OR BE PAID CASH
- NEWBORN HEARING SCREEN
- RHOGAM.
- DOULA SUPPORT.
- VITAMINS AND SUPPLEMENTS.
- HOME BIRTH ACCESSORIES FOR TUB: TUB LINER, ADAPTERS, HOSE
- HOME BIRTH ITEMS REQUIRED LIKE TOWELS, BLANKETS, SANITARY PADS ETC
 - WE WILL PROVIDE A LINK TO A HOME BIRTH SUPPLY KIT

Payment schedule For Premier Package

OUR COLLECTIVE MIDWIFERY CARE IS BROKEN INTO TWO PARTS

- PRENATAL SERVICE: WEEK 10-37: \$5400
 - INITIAL DEPOSIT DUE AT INITIAL APPOINTMENT (IO WEEKS)
 - (IF LABS ARE CASH PAY : ADDITIONAL \$550)
 - REQUIRED MONTHLY PAYMENTS/DEBIT PLAN FROM 14 WEEKS, TERMINATES AT 34 WEEKS.
- ON CALL SERVICE: WEEK 37-6 WEEKS POST PARTUM: \$5500
 - ON CALL SERVICE PAID AT 36 WEEKS.

REFUND POLICIES

- WEEK 10-34: AUTOMATIC DEBIT PAYMENTS WILL BE SET UP. THESE PAYMENTS CREATE ONE PRENATAL
 PACKAGE THAT IS NON REFUNDABLE. THESE FEES INCLUDE ACCESS TO FUNCTIONAL MEDICINE
 CONSULTS, PRENATAL YOGA AND CHILDBIRTH EDUCATION CLASSES REGARDLESS IF YOU TRANSFER
 OUT OF CARE PRIOR TO 37 WEEKS.
- WEEK 36 WILL COME WITH AN INVOICE FOR ON CALL SERVICE FEES. BY 37 WEEKS WE ARE ON CALL FOR YOUR BIRTH 24/7 UNTIL YOU HAVE DELIVERED. **THIS FEE IS NON REFUNDABLE**.
 - IN THE SITUATION THAT YOU TRANSFER PRIOR TO 37 WEEKS, YOU WILL NOT BE RESPONSIBLE FOR THE ON CALL SERVICE FEE
 - IN THE SITUATION THAT YOU TRANSFER AFTER 37 WEEKS PRIOR TO LABOR DUE TO PREGNANCY COMPLICATIONS, WE REMAIN PART OF YOUR TEAM IN DECISION MAKING, SUPPORT AND POST-PARTUM CARE.
 - IN THE SITUATION THAT YOU TRANSFER DURING LABOR, WE ACCOMPANY YOU AND GIVE SUPPORT AS NEEDED AS WELL AS POST PARTUM CARE AFTER HOSPITAL DISCHARGE.

Functional Lab options at Midwifery Collective



Standard functional midwifery labs

Panel	Included in panel	Payment
Full OB panel & standard functional labs	Initial OB panel: HIV, Hep B,Hep C Urine culture Chlamydia & gonorrhea, trichomonas Full Thyroid with Hashimoto screen Vit D Full iron panel Inflammatory markers 28 weeks: Glucose screen Repeat CBC Ferritin Inflammatory markers 36 weeks Repeat CBC Ferritin GBS swab	These are the standard panels done at your initial visit, 28 weeks visit, and 36 week visit respectively. Pricing is not included in either midwifery pacakage Options for payment: • Insurance • Cash \$550
Additional functional labs at initial visit	Vibrant America Kit: Celiac Genetics HLA-DQ2†† HLA-DQ8†† Gluten Sensitivity Anti-tTG IgA Anti-tTG IgG Anti-DGP IgA Anti-Gliadin IgG Total IgA MTHFR genotype Omega 3 & Omega 6 fatty acids CoQIO	S200 This kit is pre-ordered and can be added onto your initial OB labs for more functional markers that are very helpful in identifying in pregnancy. This lab does not accept insurance. HSA and cash/credit are accepted via online payment. If you choose to add this lab please notify Yolandi. The lab will send you an invoice for payment.

Advanced functional labs

Panel	Included in panel	Payment
Organic Acids \$185 *Optional	This is a urine sample done at home. This is not a commercial test. It has to be ordered by a provider and it requires high skill and training to interpret results. The purpose of this test is to look at metabolites of biochemical processes to identify deficiencies of nutrients or deficiencies of enzymes due to genetic predispositions. This panel is very helpful for deep dive biochemistry to see issues before they even show up in blood work. Some of the most important markers I like in this panel: Inflammatory status (glutathione levels) Insulin resistance Mitochondrial function (energy production / metabolism Oxidative stress/ DNA damage marker Folate, BI2, B6 and biotin metabolism Methylation Need for higher doses Arginine in urea cycle disorders (pretty common, and arginine impacts blood pressure) Glycine status (this amino acid is incredibly important in pregnancy) Cortisol metabolites (adrenal function and more	Cash pay \$185 (online invoice from RUPA HEALTH) Insurance: This lab may be able to be covered through insurance, Please check with your insurance carrier. The panel that goes through insurance is more comprehensive and includes more valuable information. The co-pay is a minimum of \$180 and you will need to arrange billing directly with the lab. If you'd like to have either of these tests drop shipped to your house please notify Yolandi.

Panel	Included in panel	Payment
GI map *Optional	This is a stool sample done at home The panel inleudes: Commensal (good) bacteria and the balance of them Pathogens opportunistic/overgrowth bacteria viruses including H.Pylori bacteria including auto immune triggering bacteria yeast parasites helminths (worms) protozoa Organ function liver enzymes pancreatic enzymes Immunity SigA gluten antibodies eosiniphil activation Colon inflammation Calprotectin Sample report Reasons why GI Mapping is useful in pregnancy: GI health affects mood. Anxiety and depression are directly affected by gut health Your entire immune system is in your GI GI health affects iron absorption as well as the absorption of protein and every other important nutrient in pregnancy Inflammation from the GI tract affects the entire body and contributes to the inflammatory markers that we are trying to keep lower during pregnancy.	Cash pay \$315 (online invoice from RUPA HEALTH) Insurance: Most insurances cover this lab. Not covered by UNITED. It is your responsibility to check with your insurance if this will be covered. If you'd like to have this panel drop shipped to your house please notify Yolandi.