

# Mom's Connection Doula Services LLC



## Birth Doula Packages

Birth doula package requires a non-refundable retainer due at contract signing with remaining balance due at 38 weeks.

### **Regular Package: \$1000**

- Two (2) Personal prenatal appointments. These are a 60 to 90-minute sessions. Your doula will work with you to help you identify your unique needs in a 1-on-1 setting to better prepare for your birth.
- Attendance at your labor and delivery. We will attend all the labor and delivery. This includes 1-2 hours of immediate postpartum support at your birth setting (hospital, home, etc.)
- One (1) postpartum appointment in your home within 14 days of your birth.

### **Regular Package + extra postpartum care: \$1050**

- All the above, plus two (2) extra postpartum visits
- Help with feeding questions and any other postpartum issues that may need more care.

### **Prenatal massage: \$100/session**

- We have a Licensed Massage Therapist (LMT) that works with our clients
- Each session is 60 minutes and will be done at your home!
- You can add as many of these sessions as you like, but these are not covered by insurance.

### **Reduced Rate: \$350**

If there is a financial hardship, please let me know. You will receive all the same care but at a reduced rate.

### **Health Insurance Coverage**

There are a number of health insurance policies and companies that now cover birth doula services in their maternity care. Some of them are **Tricare Prime / Tricare Select**, and companies **Target, CVS, Microsoft** and **Wal-Mart**. Check with your benefits manager to see if you qualify. If you have any of these policies, or work for these companies, your doula services may be covered 100% by your health insurance.