



The Essential Care package provides you with resources and in-home support to ensure you have the best possible health and recovery following the birth of your baby. This service includes:

- One prenatal visit, in-home, within 4-6 weeks of your due date. Duration 1 hour.
- One postpartum visit, in-home, within 4 weeks of your baby's birth. Duration up to 2 hours.
- Email, text and phone support between in-home appointments.
- MamaCare resource folder, containing information on nutrition and lifestyle remedies for birth and postpartum, recipe suggestions and useful services to connect with in your area.
- Medicinal herbal bath mix for use postpartum.

Total cost: \$285 inc. GST

This service is currently available for women living in Sydney and surrounding areas. Extra fees apply for travel more than 50km from the CBD.

Essential Care Inclusions

1. The prenatal visit should be scheduled within 4-6 weeks of your due date. It will include a health overview, pregnancy health check, individualised health recommendations, discussion of birth plan and postpartum expectations. This appointment will be an average duration of 1 hour.
2. The postpartum visit must be scheduled within 4 weeks of your baby's birth. It will include a general health assessment and specific postpartum review, tailored health recommendations, discussion around your feelings about the birth and new motherhood, assessment of birth recovery, breastfeeding and newborn health. Appointment duration will be 1 - 2 hours.

Physical treatments such as massage and moxibustion (a Traditional Chinese Medicine warming treatment) may be incorporated. If other family members are present (e.g. partner, parents, other children) they may be involved in the consultation, and are encouraged to take an active role in supporting your health and that of your new baby.

Additional in-home visits can be scheduled as and when needed. These will be charged at a rate of \$200 per session.

3. Between your appointments, MamaCare offers text, email and phone support. Referrals to additional health support services will also be provided as and when required.



We are happy to work alongside any other clinicians managing your health before and after the birth – such as an obstetrician, midwife, doula, GP or lactation consultant – in order to make the experience as collaborative and beneficial as possible.

4. At your first visit, you will receive a MamaCare resource folder with: information on nutrition and lifestyle remedies for birth and postpartum; recipe suggestions to nourish energy, milk supply and support healing; and useful postpartum services to connect with in your area.
5. At your first visit, you will also receive a medicinal herbal bath mix for use postpartum. This can be used as a full body soak or in a sitz bath; to relax the body, and encourage healing and repair after birth.

Cost and Payment Details

Total cost for two in-home visits, text / email / phone support, and postpartum health resources is \$285. This price is inclusive of GST and payment is required in advance of service.

A receipt of consultation will be provided after each visit, which can be used to claim through private health.

MamaCare currently offers three postpartum support programs, summarised below. Our services can be adapted wherever needed and tailored to suit your requirements. Please call us to talk about how we can best support you, during your fourth trimester.

INCLUSIONS	In-home prenatal health visits	In-home postpartum health visits	Text / email / phone support	Resource folder	Postpartum herbal bath mix	Organic herbal tea	Nourishing food hamper after birth	Herbal and nutritional supplementation	COST
PACKAGE									
Essential Care	1	1	✓	✓	✓	x	x	x	\$285
Mama Plus	1-2	3-4	✓	✓	✓	✓	✓	x	\$1200
Mama Luxe	1-2	5-6	✓	✓	✓	✓	✓	As required. Some restrictions	\$2000