



MAMACARE



Mama Plus package

The Mama Plus 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. Regular appointments will be scheduled in the comfort of your own home. If you prefer to be seen in a clinical setting, for some or all of these visits, that can also be arranged. This service includes:

- o 1-2 prenatal visits*, in-home, within 4-6 weeks of your due date.
- o 3-4 postpartum visits*, in-home, during the 12 weeks following your baby's birth.
- o Email, text and phone support from the time of your first appointment.
- o 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.
- o Medicinal herbal bath mix for use postpartum.
- o Organic herbal tea, formulated based on your needs.
- o Nourishing food hamper, delivered with first postpartum visit.

TOTAL COST: \$1200 INC. GST

This service is currently available for women living in Sydney and surrounding areas. Extra fees apply for travel more than 30km from the CBD.

Mama Plus Inclusions

- 1 Prenatal visits*** should be scheduled within 4-6 weeks of your due date. These consultations will include a general health overview, pregnancy health check, individualised health recommendations, discussion of birth plan and postpartum expectations. Appointment will be an average duration of 1 hour.
- 2 Postpartum visits*** will fall within your fourth trimester: the 12 weeks following the birth of your baby. These will be a minimum duration of 30 minutes and a maximum of two hours.
 - o The first postpartum visit should fall within a week of the birth, and ideally within 48 hours of getting home from hospital.
 - o Subsequent visits may be scheduled every two to three weeks, depending on your needs. These can be booked in advance, and are subject to change if required.

These appointments include 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.

Physical treatments such as massage and moxibustion (a Traditional Chinese Medicine warming treatment) may be incorporated. When 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 From the time of your first consultation, MamaCare provides **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.

6 An **organic herbal tea** will be provided, based on your needs at the time of consultation; blend options include calming, digestive, or lactation support.

7 With your first postpartum visit, a **nourishing food hamper** will be delivered, containing enough food to cover four to five meals. Specific contents will depend on your needs and dietary practices. Example inclusions are organic bone broth (vegetarian / vegan options also available), seasonal fruit, vegetable sticks and crackers, fresh hummus, raw nuts, chia pudding, lactation biscuits.

Cost and Payment details

Total cost for five in-home visits, text / email / phone support, postpartum health resources, tailored herbal medicines, and nourishing food hamper is \$1200. This price is inclusive of GST and payment is required in advance of service.

Payment plans are available; however, the full amount must be received before your first postpartum visit. Please talk to us about options.

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

* A total of five in home visits are included in this package, at least one of which (up to two), should fall within the month before your due date.

Inclusions

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.

	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
Essential Care	1	1	✓	✓	✓	-	-	-	\$285
Mama Plus	1-2	3-4	✓	✓	✓	✓	✓	-	\$1200
Mama Luxe	1-2	5-6	✓	✓	✓	✓	✓	As required. Some restrictions	\$2000

