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Welcome to Holistic Heritage,

We are so excited you have chosen us to walk this journey with you! We are a partnership in your care, with you being the CEO. It is our job, to guide, nurture, and provide up to date evidenced based care and information. We realize for some of you this is a big leap and is going against the standard medical model. Our Goal is to provide you information and support to keep you low risk during this journey, so you can have the birth you want. Now let's take care of some business.

Contacting us:

We are available 24/7, however, if it's not an emergency, please contact us between 9 am and 9pm. We are happy to text; please text all three of us. This ensures we are all up to date on your current situation. One of us will respond. If it's an emergency, please call, don't text. If you think you are in labor, it is better to call, especially at night as we will not hear text messages coming in.

Ways to contact us:

Text, phone, email, and our client portal messaging system info@hhhomebirth.com

Client Portal:

Click client portal on the left-hand side of your screen. Then go to Forms & Records. This is where consent forms and educational forms can be found. In the client portal is also where you will fill out your birth certificate information. We know you don't have baby information yet, but most of this document is about the parents. Please fill it out by 28 weeks.

Payments:

If you are on a payment plan, payments are due at your monthly office visit. When we are seeing you biweekly and weekly, they are due at your first visit of that month unless you have worked out something different with us.

If you have Samaritans, Christian Ministries, we will give you a summary of charges with all CPT and ICD-10 codes. Please submit this as soon as possible so you can pay us before your birth.

We will also give this same summary of charges to all clients who would like to file for reimbursement with their insurance company. We do not do insurance billing at this time. You will need to pay us and then seek reimbursement on your own. However, we do have a resource who can help you with this.

Refunds:

If you transfer care, we will charge you the \$500 dollars for your first visit and \$150 per visit up until 36 weeks. After 36 weeks there is no refund. We reserve this space for you and are only able to take so many clients per month. If you transfer in labor, we will go with you and stay with you until you birth your baby, then we will continue your post-partum care as planned.

Keeping Low Risk:

It is very important for you to make decisions that will keep you eligible for a home birth. Things that could risk you out of our care are:

- Smoking
- Excessive weight gain (more than 50 pounds, we prefer between 20-35 pounds)
- Uncontrolled Gestational Diabetes
- Missing your scheduled appointments (2 missed appointments may lead to a discharge from our care)
- Pre-eclampsia (though we would still take care of you after the birth)
- Substance abuse
- Placental Issues (placenta previa, accreta)
- Cholestasis (bile ducts between pancreas, liver, and intestines block)
- Problems with the baby that would require a hospital birth
- Multiples beyond twins or twins with special needs
- Other possibilities will be discussed if needed

The safety of you and your baby is our primary concern. The goal is not to have a baby at home no matter what, but to have a safe delivery.

Nitrous Oxide:

We now have nitrous oxide for pain management. This is a gas that is 50% oxygen and 50% nitrous oxide. There is an additional fee of \$250 with a \$50 non-refundable deposit. If you put a deposit down, we will bring it to your birth. If you do not need it we will not charge you the additional \$200, if you do use it we will bill you the balance, even if you only use it for 5 minutes. This covers the cost of gas/air/tubing/and mask. Nitrous oxide side effects include sedation, dizziness, nausea, and vomiting. There is some research that suggests if you have the MTHFR mutation that nitrous can also increase homocysteine levels, however this study was done with continuous use and higher percentages of nitrous oxide.

Tub:

We are including the tub at no additional cost if you would like it. It is your responsibility to buy the liner and hose for the pool. You will also need to find the proper fitting for your hose for the sink/shower to allow for filling of the tub. The hose must be new and never used. After the birth you can use the hose for the garden, but it cannot be used again for future births. It is also helpful to have a plastic tarp for under the pool for any water that may splash.

Birth Kit:

In his Hands website is the supplier for your birth kit. You should have it ordered and delivered by 36 weeks. On our website resource page at hhhomebirth.com there is a supply list that most people have in their home. Please pull these supplies together in one place for us by 36 weeks.

Emergency Plan:

On our website resource page is an emergency plan paper. We give you one at 28 weeks. If you misplace it, please print and fill out by 36 weeks