



### Excellent Maternity Care

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### Additional Expenses/Optional Services

**Newborn Screening:** Newborn Screening is required in the state of Oregon. You may get information for this test from your midwife or from: <https://public.health.oregon.gov/LaboratoryServices/NewbornScreening/Documents/ptpmph.pdf>. Your midwife will not charge extra for the procedure, but you are responsible for payment of the kit. Please issue your midwife a separate payment for this test no later than 34 weeks of pregnancy if you wish to screen your baby.

**Cost: \$64**

**Birth Kit:** Your midwife brings all the medical equipment, medications, etc. to your birth. However, there are a small handful of items that you will need to gather (i.e. towels, bowls, trash bags) and a birth kit you will need to purchase. This kit contains all the disposable items such as chux pads, gloves for birth, and gauze, etc.

**Estimated cost of kit: \$60**

**Estimated cost of other supplies: Varies. Most supplies you already have, or can acquire cheap, used, or borrow as you prefer.**

**Water birth:** If you are planning a water birth, please plan for the following expenses:

**Estimated cost of pool liner: \$20**

**Estimated cost of food grade drinking hose: \$10-\$15**

**Estimated cost of pool rental (if renting): \$125**

**Placenta Encapsulation:** Some women choose to encapsulate their placentas. This is an optional service not provided by your midwife. I recommend Sarah Larson for placenta encapsulation.

**Estimated cost: \$150 or less**

**Childbirth Education:** While optional, we strongly recommend taking a childbirth class. We offer classes and so do many other professionals in Central Oregon. Please choose the one that's best for you.

**Estimated cost: \$125- \$200**

**Verification of Benefits:** If you are planning to bill insurance for your midwifery care, please obtain a verification of benefits from our Insurance Biller.

**Cost: \$20**

**Professional Billing Service:** If your insurance covers our services, our insurance biller is available to help you with all the ins and outs of insurance billing. She offers this service for a low fee.

**Cost: \$100**

Please Note: If you have trouble or financial limitations making it difficult to acquire the newborn screen or birth kit, please let your midwife know right away and we will try and help you acquire them. Often times, we have some donations available for urgent instances like this. Please do not avoid testing your baby to avoid the cost.