

White Glove Sample Concierge Experience

- Includes a comprehensive initial assessment to tailor the ideal support team for every possible need
- Appointment coordination and payment management of all included healthcare staff
- Monthly, bi-weekly, and then weekly in home midwife check ins in pregnancy including belly palpation, fetal heart rate auscultation, nutrition and exercise counseling, supplement/vitamin support, lab interpretation, additional labs, vital checks, and mental and physical wellness exercises (the full holistic midwifery experience)
- All vitamins/supplements included
- Unlimited virtual and text/phone support
- Daily as well as weekly check-ins postpartum including mother and newborn wellness checks, hands on lactation support, continued breastfeeding and/or supplementation support for 6 weeks

Also includes:

- Group yoga throughout pregnancy
- 3 full body prenatal massages from licensed massage therapist
- 2 counseling/identity work sessions
- 3 neurofeedback sessions
- Birth doula package
- Chiro package/pelvic floor PT package prenatal and postpartum
- 1 prenatal and postpartum session with functional movement specialist
- Childbirth Education Class
- Breastfeeding Essentials Class
- 1 in home postpartum session with lactation consultant