

Congratulations!

At Synergy we are passionate about supporting our patients through all stages of pregnancy, birth and recovery. Jenna would be pleased to discuss your birth plan and potential attendance (telehealth or IWK in person) at your labour and delivery during your prenatal assessment.

Things to know:

1. **Book a prenatal assessment early in your second trimester, between 12 and 24 weeks**, with Jenna to discuss your goals and how she can support this process through pregnancy, labour, delivery and postpartum. Jenna will follow you through your pregnancy to help you manage any pregnancy-related symptoms.
2. **Book a labour and delivery prep session with Jenna around 34 weeks** to help you prepare for birth. You will learn and practice manual techniques and postures with Jenna and/or your partner that you may use during labour and delivery.
3. **Book Jenna for your due date!** Yes, we know, babies don't follow a schedule, but no worries, you and Jenna will stay in contact through text and virtual support as needed while you are awaiting baby's arrival. Jenna can offer virtual support while you labor at home as well as physical support once you arrive at the hospital. Once the deposit is made and the due date is booked, Jenna will be on call for your labour and delivery:
 - available for brief text communication between 6 am and 12 am to plan support
 - available for virtual support between 8 am and 10 pm. * This is billed as a physiotherapy appointment **\$100/30 minutes**
 - available for in-person support, from 8 am to 10 pm, after you are admitted to the hospital. In-person support starts at a minimum of two hours. **This is billed as a one-time physiotherapy service at \$200/hr, with a minimum of 2 hours (\$400) and a maximum of 8 hours (\$1600).**
**Please note, a non-refundable "on call" deposit of \$400 is required to reserve your due date (this will be applied to your birth physiotherapy invoice). In the event you do not contact Jenna for support during your birth, this fee is non-refundable.
4. **Book a follow-up virtual appointment with Jenna 2-4 weeks after baby's arrival** to help with your postpartum care.
5. **Book a follow-up with Jenna in clinic at 8 weeks postpartum** for your full assessment to plan how to achieve your postpartum goals.

* All above appointments described will be billed as a physiotherapy service. This may be covered by your insurance company. Please check with your provider

The Birth Plan - Fees

- Prenatal Assessment 12-24 weeks: \$145
- Labor and Delivery Prep 34 weeks: \$145
- Virtual Birth Support: \$100/30 min
- In person IWK support: \$200/hour (minimum charge of 2 hours) with a non-refundable deposit of \$400 required upon booking your due date
- Postpartum Virtual Assessment: 2-4 weeks: \$145
- Postpartum in Clinic Assessment: 8 weeks: \$145

IF INTERESTED IN BIRTH PHYSIO SUPPORT PLEASE call our office right away to check availability, as Jenna only accepts one patient per month. If your birth month is not available, Jenna is happy to support you through all other steps and stages of your pregnancy and postpartum recovery. Please book all steps ahead of time, to ensure timely support and follow-up throughout the pregnancy.

Birth Physiotherapy Frequently Asked Questions

- How and when do I contact Jenna?

Contact Jenna via text message when you think you are in labour (for example: feeling contractions and/or water breaks). Jenna will call you within the hour to check in and make a follow-up plan.

- What happens if I have an unplanned C-section?

Jenna can be available to help you with the labouring process up to the point where a decision to have a c-section is made. Jenna may be able to return to the hospital during your stay to review c-section scar care, mobility following c-section, and offer pain management strategies and education on recovery. This can also be done virtually at the hospital or after you return home. Jenna will continue to follow and support you during your post-partum recovery with a virtual appointment at 2-4 weeks post-partum and an in-clinic appointment at 8 weeks post-partum.

- I would like birth physiotherapy support, but there are only 2 support persons allowed in the Hospital. How can Jenna help?

Currently, only 2 support persons are allowed in the hospital. Jenna would count as one support person, as she is not part of the IWK medical team. If you already have two designated in hospital support people, Jenna is available for virtual support while at the hospital.

- Why do I need a virtual follow-up appointment?

A virtual appointment is provided at 2-4 weeks postpartum to address any immediate concerns regarding recovery such as pelvic pain, pain in relation to c-section, bladder and bowel health, and provide guidance on supportive exercises to begin your recovery.

- Will my insurance cover Birth Physiotherapy?

All services are billed as Physiotherapy and covered by many private health care plans. Please contact your insurance company and check your coverage for Physiotherapy. Please note we do not direct bill. For all Birth Physiotherapy services, a non-refundable deposit of \$400 is required in order for Jenna to be on call for your birth. This deposit goes towards the total service fee, which is dependent on the number of physiotherapy hours provided (billed at \$200/hour). Each birth will be billed as one physiotherapy visit. Exception: if your birth physiotherapy service spans over two days, each day will be billed as a separate physiotherapy visit. All birth physiotherapy clients must have a credit card on file, which will be billed within 24 hours of delivery. All prenatal and postpartum services are billed separately.

Birth Physiotherapy Agreement

Communication and Availability:

Text communication with Jenna will be via *WhatsApp*.

Telehealth communication will be via *WhatsApp* or Jane Telehealth.

- available for text communication between 6 am and 12 am
- available for virtual support between 8 am and 10 pm. * This is billed as a physiotherapy appointment **\$100/30 minutes**
- available for in-person support, from 8 am to 10 pm, after you are admitted to the hospital. In-person support starts at a minimum of two hours.

Fee Structure

- Prenatal Assessment 12-24 weeks: \$145
- Labor and Delivery Prep 34 weeks: \$145
- Virtual Birth Support: \$100/30 min
- In person IWK support: \$200/hour (minimum charge of 2 hours) with a non-refundable deposit of \$400 required when booking your due date.
- Postpartum Virtual Assessment: 2-4 weeks: \$145
- Postpartum in Clinic Assessment: 8 weeks: \$145

Payment

A non-refundable “on call” deposit of \$400 is due when booking your due date in order to reserve Jenna for birth support. This deposit amount will be applied to your birth physiotherapy invoice. If you choose not to contact Jenna during your labor and delivery process, this deposit is not refundable, nor can it be used towards other postpartum services, as it is compensation for her being on call for your birth. A valid credit card must be on file and all services will be billed within 24 hours upon delivery.

Scope of Practice:

Birth Physiotherapy does not include education or care outside the scope of practice of Physiotherapy, such as pharmaceutical (medication) or medical interventions. The role of the Birth Physio is to be a support person for the birthing person. They are not part of the medical team or involved in medical care plan decisions. The Birth Physio does not provide care for the newborn but can assist the birthing parent with comfort measures post-delivery.

I consent to the above communication, fee and payment structure, as well as understand the scope of practice of physiotherapy in a birth environment.

Patient Signature

Date

Jenna Stirling, PT

Date