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## Who qualifies for a home birth?

Healthy women with low-risk, uncomplicated pregnancies. To keep you and your baby safe, we follow these eligibility guidelines:

- Single baby;
  - Baby is head down at term;
  - No prior C-sections;
  - Labor begins between 37 weeks and 42 weeks of pregnancy;
  - Mother is receiving prenatal care from Promise Community Health Center;
  - No medical conditions affect mother or baby that would require medical management.
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*My home birth experience was amazing! Being in my own home was very comforting. There are no words to describe how perfect it was . . . My midwife and nurse were there to support me every step of the way.*

*— Jennifer Zomer*

## Interested in home birth?

Speak with your Certified Nurse Midwife about your home birth plans. Together, you will review eligibility and make plans for care and labor.

For payment, all patients planning a home birth must meet with our billing manager. This is necessary to review your insurance coverage and portion of the cost to set up a payment plan.

## CONTACT US:

Promise Community Health Center  
338 1st Ave NW  
Sioux Center, IA 51250

(712) 722-1700  
Email: [care@promisechc.org](mailto:care@promisechc.org)

Visit us on the web:  
[www.promisechc.org](http://www.promisechc.org)



# HOME BIRTH PLANNING





## What do we do?

Our Certified Nurse Midwives (CNM) offer care for your entire pregnancy. Your care is tailored to the needs of your growing family and designed to support you through all the changes you will experience. As part of this care, our CNMs are able to offer services for individuals interested in a home birth.

## What to expect with home birth?

Our certified nurse midwives and staff help you prepare for home birth, provide care during labor and birth, and follow up with you and your newborn.

### Preparations include:

- Prenatal healthcare and guidance before birth;
- Home visit and birth planning;
- Information on birth education;
- Preparation for breastfeeding;

## Care during home birth:

- Monitor labor progress and maternal vital signs;
- Monitor baby's well-being with heart tone auscultations;
- Provide labor support;
- Facilitate the normal and healthy process of labor and birth.

## Follow-up care:

- Postpartum home visit to assess mother and baby within 24 hours;
- Lactation consultation and support;
- Newborn care up to 2 weeks;
- Follow-up visit in office within 3-4 days;
- Metabolic screening, cardiac screening, and referral hearing screening;
- Postpartum check for mom at 6-8 weeks.

*Bringing new life into the world in the comfort of my home and with wonderful midwives have been the most exciting and empowering experiences of my life.*

*— Emily Mahr*

## Payment for services

Your portion of the total cost of care will be determined based on your insurance coverage and financial eligibility. An appointment with our billing manager should be scheduled prior to 15-weeks gestation to determine your cost.

All payments are due in full by 34-weeks gestation according to the established payment plan.

### Fees include:

- All regular prenatal visits;
- Management of labor and birth with CNM and RN;
- Care of mom and baby after birth

### Fees do not include:

- Routine or non-routine prenatal testing/labs;
- Charges that are associated with hospitalizations;
- Any medications needed or used by the mother or the newborn;
- Any newborn laboratory testing.

## Transfer of care

Your Certified Nurse Midwife (CNM) will evaluate your health throughout your pregnancy and may decide to transfer your care to a physician if risk factors develop.

You should share with your CNM your preferred doctor/hospital in case you need to transfer your care. You may also decide to voluntarily change your provider at any time.