

# Doula Services Contract

## OVERVIEW

This agreement is between Moon River Birth (the doula; Megan A. Jennings) and \_\_\_\_ (the client) for the purpose of providing doula (Labor Support) services. A doula provides continuous emotional, informational and physical support for the birthing person (the client) and their partner. Through prenatal appointments, the doula provides resources throughout pregnancy and helps the client prepare for their upcoming birth.

## SERVICES

- Emotional, informational & physical support during pregnancy, birth and postpartum.
- Upon contract signing, email/text/phone support during normal business hours (or after hours in unusual circumstances).
- You decide how many visits you'd like to have. On average I suggest on having 2 prenatal and 1 postpartum visits (approximately 1.5 hrs. each) to get to know your unique preferences and vision for this labor and postpartum period.
- On-call and reachable 24/7 during your birth month between 38 - 42 weeks.
- Help writing and or reviewing birth and postpartum plans and preferences.
- During your birth (see When to Call), I provide continuous support as defined as:
  - Facilitation of your birth vision, including but not limited to comfort measures such as breathing, relaxation, movement, positioning, and comforts the client with the use of touch, hot or cold packs, beverages, warm baths and showers, and other comforting gestures as wanted or needed.
  - Setting the room with lights, music, scents or anything else that feels supportive to the client.
  - Working with your partner (if applicable) to establish and maintain a peaceful and positive environment.
- Working with the staff and providers to establish a good rapport and to ensure that you have enough information to make informed decisions about your care.

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- Assists you and your partner to become informed about the course of labor and the options. Doulas are well-versed in non medical skills.

Doulas **do not**:

- Perform clinical tasks, such as vaginal exams, fetal heart rate or blood pressure monitoring.
- Diagnose medical conditions, offer second opinions or give medical advice.
- Make decisions for the client
- Project their own values and goals onto the client.
- I will arrive and begin support within 2 hours of your phone call requesting my presence. Support will be continuous. I will inform you of any foreseeable times when I might be unavailable for labor support (see Cancellation & Backup).
- After birth I will remain with you for an hour or so after the birth, until the client is comfortable and ready for quiet time with loved ones. I will help you create the environment you want for those first few critical hours of bonding with your new family. I will schedule your postpartum visit in the week or two following your birth to see how you and your family are adjusting, assist with any issues, and listen to your birth story. Taking the time to process the joyful, difficult, miraculous and messy moments from the birth.
- Postpartum resources and referrals to professional local practitioners.

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## **WHEN TO CALL**

From the moment we agree to work together, I'm available to provide support for you and your partner. **Call** if anything unusual or perceived as unusual comes up during the pregnancy. **Call** when you think you notice any birthing signs, even if you do not feel you need me yet. When you call during labor, together, we will decide if I should come right away or wait awhile and reassess again soon. If I do not immediately answer whether from a text or call, please call back immediately. My phone is set up to alert me when I receive multiple calls from the same number. Please allow 2 hours for me to arrive from the time you ask me to come, though I can generally come much sooner. We will decide where I should meet you – the birthing location; home/ birthing center/ hospital. In the case of transfer of care and or chemical induction of labor I will greet the family upon checking in at the hospital to assess needs if desired. Then possibly return home for rest while the family rests, returning when labor activity begins. An individualized plan can be made depending on your needs.

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## FEES

### Sliding Scale \$500 - \$1000

You choose the rate that works for your family, within the sliding scale. No questions asked. You decide how many visits you need before your birth. You decide how many visits you need after the birth. On average I prefer to meet at least twice before your birth and once after.

A **non-refundable** deposit of \$300.00 is due by the contract signing or first prenatal appointment whichever comes first. This deposit ensures that I will be available and on-call during your birth month. The remaining balance is due by the first postpartum appointment. If the fee is not paid in full by the first postpartum visit, a late charge of 5% will accrue monthly until paid.

### Insurance

Currently not many insurance companies reimburse for doula services. If you would like to request reimbursement from your insurance I will provide you with a Super Bill (containing my NPI: 1194236059, and diagnosis code) to submit with your claim to your health insurance. The doula does not submit the forms, you are responsible to do so. The client pays the doula in full and then submit request to the insurance company to be reimbursed. Claim submissions can be submitted multiple times up to 12 months after the birth. I would encourage you to try and request reimbursement. If every client of mine requested reimbursement and submitted their doula services invoice to insurance it would demonstrate consumer desire for it to be a covered service and thereby elevate the profession's profile so that conversations around reimbursement could happen.

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## CANCELLATION, BACKUP & SHADOW POLICY

A backup doula may stand in for me in cases such as contagious illness, other extenuating circumstances, or during an extended labor. It is my responsibility to inform you in as much advance notice as possible of any dates or times a backup will stand in for me. If a backup doula is used, the client compensates the primary doula (Megan A Jennings) as planned, who will then compensate the backup doula for services rendered. If you go into labor before 38 weeks, I will make the best effort to join you as soon as possible and or make other arrangements as necessary.

It is my top priority to provide the services described here. If I fail to attend the birth due to circumstances beyond anyone's control (e.g. an extremely rapid birth process, the client fails to

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call the doula, or if the client chooses after 38 weeks of pregnancy not to utilize doula services) I will retain the \$300.00 fee and not collect any other fees or deposits. The deposit ensures I am available to your birth from 38 to 42 weeks of your pregnancy. In the event of pregnancy loss, the doula will work with the client on a case-by-case basis.

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## **LIMITATIONS & LIABILITY**

In entering a contract for doula (Labor Support) Services with Moon River Birth; Megan A. Jennings, I hereby acknowledge that during the performance period of this contract, services may be provided to me in my home, traveling to a medical facility, and/or hospital. I understand that Moon River Birth; Megan A. Jennings has a limited role pursuant to the description of tasks outlined in the above-referenced contract wherever services are provided to me. Moon River Birth; Megan A. Jennings has not represented to me that contracting for services guarantees in any way a risk-free or emergency-free labor and birth experience. I understand that my doula(s) does not make medical decisions on my behalf, to include the decision when to seek medical care at a hospital when labor support services are provided in my home. When services are performed in a medical facility, I acknowledge that Moon River Birth; Megan A. Jennings is not responsible for the performance of clinical tasks to include medical decisions regarding the inclusion or exclusion of treatments available to me and my baby.

Now, therefore, in consideration of the above acknowledgements, I (both jointly and separately) on behalf of myself, my heirs, administrators, personal representatives, executors, and assigns to RELEASE AND FOREVER DISCHARGE Moon River Birth; Megan A. Jennings from all damages or causes of actions, either at law or in equity, which I may have or acquire or which may accrue to me, my heirs, administrators, personal representatives, executors or assigns as a result of using the doula services of Moon River Birth; Megan A. Jennings. I intend this to be a COMPLETE RELEASE AND DISCHARGE them from all liability whatsoever.

I have read all statements contained herein and I fully realize that I am signing a COMPLETE RELEASE AND BAR to any claims which I have or believe I have resulting from my contract for doula services.

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## **RELEASE & CONFIDENTIALITY**

I will ask you to sign a release form giving me leave to take notes about you and your birth, including personal information about yourself and your child(ren). This information may be shared with my certifying organization, DONA International.

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Signing this contract also gives me permission to discuss your pregnancy and birth with other birth professionals in both formal and informal settings. I will never use your name, your child's name, the date you gave birth or any other identifying information.

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## **RESPONSIBILITY OF CLIENT**

You are responsible for your own clinical and medical well-being. You are responsible for making informed decisions and for your own education and research on topics pertaining to you. I ask that you inform me of any pregnancy-related or other health complications or conditions you may have, as well as any other special circumstances you might have or require. I also ask that you keep me abreast of what happens at your prenatal appointments from 36 weeks forward (if your cervix is dilated, any tests or procedures you might experience, anything your care provider seems concerned about, etc). I also request that you inform your care provider that you have hired a doula. If for any reason you decide not to have me at your birth after you have signed this contract, I ask that you let me know as soon as possible.

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## **ACKNOWLEDGEMENT AND SIGNATURE(S)**

I read, understand and accept the terms of Moon River Birth's Services, Limitations and Fees.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Megan A. Jennings- Doula Signature

\_\_\_\_\_  
Date