

Concierge Service Menu

Every client deserves personalized care and attention. Any therapeutic relationship must begin with a comprehensive evaluation.

Comprehensive Pelvic Health Evaluation (60–90 Minutes) | \$200

A deep dive into your history, physical assessment, and holistic health. You will receive a customized treatment plan and immediate strategies for relief.

In-Home Concierge Treatment Session (60 Minutes) | \$185

One-on-one specialized care in the comfort of your home. May include manual therapy, therapeutic exercise prescription, ergonomic nursery/home assessments, and functional movement training.

Virtual Wellness Consult (45 Minutes) | \$135

Perfect for follow-up care, mental health support, or guided exercise progressions when an in-person visit isn't required.

Clients must have a comprehensive evaluation prior to any treatment sessions.

Care Packages

Commit to your healing and save. Packages provide the most consistent results for conditions like prolapse, IC, and chronic pelvic pain.

The Reset Bundle (6 Sessions) | \$900

Includes your Initial Evaluation + 5 In-Home Treatment Sessions. Best for:
Full postpartum recovery or chronic pelvic pain management.

The Foundation Bundle (4 Sessions) | \$750

Includes your Initial Evaluation + 3 In-Home Treatment Sessions. Best for: Addressing specific issues like incontinence or preparation for birth.

The Maternal Therapy & Wellness Advantage

Included in every session fee at no additional cost:

- **Unlimited Messaging:** You'll have secure text and email access to me between sessions for quick questions.
- **Concierge Coordination:** I can collaborate directly with your OB/GYN, Midwife, or

primary care provider to ensure continuity of care.

- **Transparent Billing:** No surprise bills, no hidden admin fees, and no "per-minute" clocks.

The Logistics

- **Insurance & Reimbursement:** I am an out-of-network provider. I provide a monthly superbill (coded medical receipt) that you can submit to your insurance for potential reimbursement using your out-of-network benefits.
- **HSA/FSA:** While I do not swipe HSA cards on-site, my services are 100% eligible for HSA/FSA reimbursement. Most of my clients choose to pay via check or Venmo and then 'reimburse themselves' from their HSA portal using the superbill I provide. This often allows clients to keep those funds in their HSA longer, where they can continue to grow tax-free for 10 to 20 years.
- **Payment:** Since I do not accept credit cards, most of my clients choose to pay via check or Venmo but cash is also accepted.
- **Travel:** Travel within Terre Haute city limits is included. Visits outside city limits are billed at the 2026 IRS standard rate of 72.5¢ per mile.

Ready to begin your journey? *I look forward to working with you...*

Call or Text: 812.870.1704 | Email: Info@MaternalTherapyWellness.com