

Alana Obstetrics

A familiar face to deliver your baby.....

Congratulations on your pregnancy and welcome to Alana Obstetrics! We are your team of Obstetricians and Physiotherapists who will be caring for you and your baby throughout your pregnancy.

We are the first and only female group practice of Obstetricians in Sydney, enabling us to offer you continuity of care throughout your antenatal visits and delivery. Although you will be booked with one primary Obstetrician, planned visits with the other group Obstetricians throughout the antenatal period will mean that you have the opportunity to meet with all of us before you give birth.

Why is this important?

We think that this unique model of care has significant benefits for you and your baby with a team approach of not one, but three Obstetricians looking after you. As well as this, the Alana Obstetricians rotate the on call arrangements meaning that each 24 hour period a new and fresh Obstetrician will be on call to deliver your baby safely.

We are working women and Mums too and know how important it is to balance the time we spend at work and with our families. We are looking forward to sharing this amazing time with you, and providing you with support and advice.

24 hour emergency access

When you choose Alana for your antenatal care, you have 24 hour access to our medical team in the event of an emergency or medical complication related to your pregnancy, just by calling our main number 02 9009 5255 at any time of the day or night.

Schedule of Visits

Please contact the Alana reception team for more information and to book your first antenatal appointment, normally between 8 and 12 weeks gestation. If you choose Alana for your antenatal care, your schedule of visits will depend on who your primary obstetrician is. When you attend your first appointment, the Alana reception team will schedule the remainder of your visits according to the Schedule of Visits below.

Third Trimester Growth Ultrasound

Between 30 and 34 weeks of your pregnancy we offer a third trimester growth ultrasound. This will allow a detailed assessment of your baby's development. This scan is performed as part of your antenatal care and will be billed at the Medicare Schedule Fee.

Physiotherapy

At Alana Healthcare for Women, we believe that pregnancy management should have a holistic approach and that is why we recommend a planned visit with an Alana Physiotherapist at 20-24 weeks, as well as postnatally. These visits will ensure that any musculoskeletal problems during the pregnancy are identified early and managed, as well as providing you with tips for the pregnancy and how to keep fit and healthy as your body undergoes all of those changes. The postnatal visit is important to allow identification of any abdominal or pelvic floor muscular issues and to ensure a good recovery after the birth.

Illuminating women's health

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	Primary Obstetrician			Allied Health
WK	Minke Burke	Erin Nesbitt-Hawes	Neetika Mishra	Physio
8	Minke	Erin	Neetika	
14	Minke	Erin	Neetika	
20	Minke	Erin	Neetika	20-24 weeks
24	Minke	Erin	Neetika	
28	Erin	Neetika	Erin	
30	Minke	Erin	Neetika	
32	Neetika	Erin	Neetika	
34	Minke	Minke	Minke	
36	Minke	Erin	Neetika	
37	Minke	Erin	Neetika	
38	Minke	Erin	Neetika	
39	Minke	Erin	Neetika	
40	Minke	Erin	Neetika	
Delivery	Minke, Erin, or Neetika as per on call roster			
6 wks PostN	Minke	Erin	Neetika	Postnatal

Costs

Below you will find outlined the cost of your antenatal care provided by Alana Healthcare for Women. This includes antenatal appointments, attendance at your delivery (in the delivery suite of Prince of Wales Private Hospital) and attendance whilst in the postnatal ward of the hospital. These costs are separate to the fees you must pay the hospital, which is subject to your health insurance cover.

We strongly recommend that you check your level of cover with your health fund prior to committing to private antenatal care. As a general rule, fees incurred at antenatal visits and for any other outpatient services outside of hospital are rebated by Medicare. Inpatient hospital fees for your delivery or any other admission during your pregnancy are rebated by your health fund.

If you find that you are not covered by your health fund, you can still choose private antenatal care, but you are then personally liable to pay for the inpatient hospital fees, plus any other additional charges normally covered by your health fund.

In order to claim your Medicare rebate for **your antenatal visits you must be covered by a valid referral letter**. GP referrals are valid for 12 months and will cover you for your entire pregnancy. If you have been referred by another specialist the referral is only valid for three months and you will therefore need to get a second referral part way through your pregnancy. If you are unsure about your referral status, please contact us.

Under the Medicare Benefit Schedule (MBS) your care during pregnancy, delivery and the postnatal stay is covered by a series of 'item numbers', as outlined below. Not all item number will apply to all patients, with the green star (★) indicating charges that do apply to all patients. Please note, if you are admitted to hospital for any problems during your pregnancy then the fees charged by your obstetrician will be completely covered by reimbursement from your private health fund / Medicare.

MBS Item	Description	Private Fee	Rebate	Out of Pocket
Outpatient Antenatal Care				
16401	★ Your first consultation with your <u>obstetrician</u> , at the beginning of your pregnancy (approx 8-12 weeks gestation). Antenatal appointments are not covered by your health insurance, only Medicare.	\$270.00	\$72.75	\$197.25
16500	★ The antenatal appointments with your <u>obstetrician</u> throughout the duration of your pregnancy, before you go into labour. An account will be issued for each visit (approximately 12 visits in total) and must be paid on the day of consultation. Antenatal appointments are not covered by your health insurance, only Medicare. N.B. Any ultrasounds performed by us within the scope of your antenatal appointments will be billed at the Medicare Schedule Fee.	\$1,800.00 <i>(\$150.00 per visit)</i>	\$481.20 <i>(\$40.10 per visit)</i>	\$1,318.80 <i>(\$109.90 per visit)</i>
16404	Any attendance outside of routine antenatal care, including postnatal care outside of normal aftercare period (i.e. outside 4-8 weeks postnatal). <i>(not included in total fee calculation below)</i>	\$150.00	\$36.55	\$113.45
16590	★ As well as the planning of your pregnancy and labour management there is a need for your <u>obstetrician</u> to provide medical cover 24 hours a day because of the unpredictability of pregnancy and the possible need to access obstetric care and medical services at anytime. This fee is payable once you start your obstetric care irrespective of your decision to discontinue care at any time during your pregnancy. We will invoice you for this item after your 28 week visit. You must pay this within two weeks of invoicing, at latest by 32 weeks.	\$4,500.00	\$316.85	\$4,183.15
Delivery				
16519 / 16522	★ For the delivery , defined as either <i>normal or complicated</i> by the Medicare Benefit Schedule, we will send this account directly to your private health fund (if you are insured and have the right level of cover) for payment. If you are not covered by insurance for your delivery you will receive an invoice for \$2,057.05 for an uncomplicated delivery or \$2,406.65 for a complicated delivery.	Fund only <i>If not insured, fees apply (see left)</i>	N/A	N/A
51306	If you are scheduled for a caesarean section then an assistant surgeon will be required. For one of our obstetricians to attend you will receive a separate invoice for this service. <i>(not included in total fee calculation below)</i>	\$500.00	\$124.65	\$375.35
Outpatient Postnatal Care				
16407	★ We will see you for follow up postnatal review 6 weeks after your delivery. This gap can be included in a Medicare 'safety net' calculation.	\$120.00	\$60.95	\$59.05
TOTAL FEES FOR ALANA OBSTETRICIANS <i>Subject to variations as outlined above</i>		\$6,690.00	\$931.75	\$5,758.25

Physiotherapy

Planned visits with an Alana Physiotherapist at 20-24 weeks as well as postnatally. Health Fund rebates apply. **\$200.00 for initial consult, and \$99 for follow up consult.**

Your Privacy

Your medical details will remain confidential in accordance with our privacy policy. Should our doctors need to consult with colleagues regarding aspects of your care, it may be necessary to disclose your personal details. Please inform Alana Healthcare for Women if there are particular details that you do not wish disclosed.

Your Acknowledgment

- I have read and understood the above Fee Disclosure regarding the cost of antenatal care at Alana Healthcare for Women and in undertaking private Antenatal Care with Alana Healthcare for Women I agree to pay to Alana Healthcare for Women the fees stated above.
- I understand that in signing this Fee Disclosure I am agreeing to pay for fees invoiced by Alana Healthcare for Women.
- I understand that any fees quoted for external providers and/or services are approximate only and are not binding in this agreement.
- I understand that my acknowledgement of the above will be recorded in my Electronic Health Record.

_____ / _____ / _____
Print First Name

_____ / _____ / _____
Print Last Name

DOB

Your Signature

Today's date

Fees for other Services (approximate only)

As part of your antenatal care it may be necessary for you to access other services and/or providers through the course of your pregnancy. While Alana Healthcare for Women cannot quote on these services, a rough guide has been provided below. When accessing other services or providers it is always recommended that you obtain a fee disclosure direct from them.

Anaesthetist

You may receive a bill from an anaesthetist if you require their services in labour (e.g. if you require an epidural) or needed a caesarean section. Costs vary according to services provided. Medicare and Health Fund rebates apply. **~\$900.00-\$1800.00**

Assistant

An assistant doctor is required should you need a caesarean section. This will usually be one of the Alana Obstetricians however in the event this is not one of the Alana Obstetricians then this doctor will bill you separately. Medicare and Health Fund rebates apply. **~\$500.00-800.00**

Paediatrician

A private paediatrician will send a bill for their medical care. This will vary depending on the number of visits required. If your baby is admitted to the Neonatal Intensive Care Unit all the hospital charges are at the Medicare Schedule Fee so there will not be a gap payment. **~\$300 for initial consult, ~\$200 for follow up, and ~\$350-400 if they are present at your caesarean section**

Pathology

Tests ordered for you or your baby will incur additional costs which are determined by the nature of the tests performed and set by the Pathology Lab.

Ultrasounds

Costs for ultrasounds vary from practice to practice, and according to when and why the tests are being performed. These items are not billed by us.

Early Pregnancy (dating/viability)	~\$195-\$210
Nuchal Translucency	~\$320-\$400
19 week anomaly ultrasound	~\$290-\$300
3 rd trimester ultrasound	~\$290-\$300
3 rd trimester multiple pregnancy	~\$390-\$400