



Initial Consultation Information

We are eager to meet with you and your little one. This can be a stressful time, so we wanted to share these reminders to help you prepare for the consultation:

1. Before the Visit

Insurance -

If you have Aetna, call Aetna to confirm that your visits will be covered. It is likely to be six visits, with no charge to you.

If you are not covered by Aetna, we encourage you to call your insurance company to discover what portion(s) of your consultations will be covered or potentially available for reimbursement. Our pre-approval tax id is: 27-2467275. We have helpful information on our [website](#) to help you navigate your contact with them.

Complete the two forms - these are all fillable on the computer - or you can print them and fill them out. Filling them out, saving them to your computer and emailing them as soon as possible *is preferred*, as they will provide your consultant with background knowledge that can make your time with her more efficient.

To fill them out:

- just click the first field and type answer
- press tab and it will take you to the next portion of the form
- once finished with all areas, save it to your computer as your last name and intake for [FORM 1](#)(example: smith-intake) and last name and history for [FORM 2](#) (example: smith-history)
- email completed forms to ***info@mahalamom.com***, if meeting at **Hackettstown office**
- email completed forms to ***jennifer_IBCLC@me.com***, if meeting at the **Hoboken office**

Mentally prepare

- Visit our [website](#) to learn what to expect.
- Write down a list of questions you would like to discuss with your consultant.

2. Day of the Consult:

- Make sure your baby is hungry, but not overly so. A good gauge is to feed him/her about 2 hours before the visit.
- *If he/she is very hungry within the two-hour window, limit the time of feeding at breast or provide a smaller feed (via bottle, if supplementing either with your expressed milk or formula).*
- If you are supplementing, with either your milk or formula, please have this milk with you.
- If you have a pump, please have it available or bring it with you.
- Bring your list of questions to discuss with the consultant.

Getting to us

- Directions to the Hackettstown office are [here](#).
- Direction to the Hoboken office are [here](#).

We look forward to helping you and your little one.

Warm wishes,

The Mahala Team