



## **Prenatal Consultation Information**

We are eager to meet with you and help you feel well prepared for the welcoming of your little one(s). 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 visit(s) 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.

***Please note: there are some parts of the forms that you cannot fill out yet, as the baby has not arrived. Please skip the portions that do not apply and fill out as much as possible.***

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](mailto:info@mahalamom.com), if meeting at **Hackettstown office**
- email completed forms to [jennifer\\_IBCLC@me.com](mailto:jennifer_IBCLC@me.com), if meeting at the **Hoboken office**

### **Mentally prepare**

- Visit our [website](#) to learn what to expect.
- Take time to write down all of your questions/concerns before arriving.

### **2. Day of the Consult:**

- Bring any equipment (ex: breast pump) you might like to discuss
- Directions to the Hackettstown office are [here](#).
- Direction to the Hoboken office are [here](#).

We look forward to working with you.

Warm wishes,

The Mahala Team