

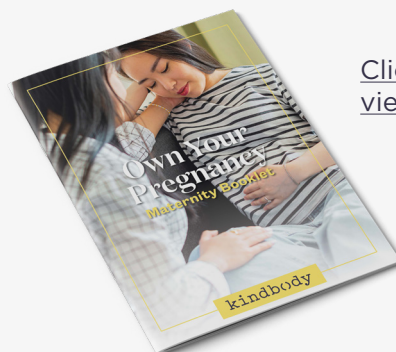
kindbody

pregnancy support

With a goal to minimize high-risk pregnancies, Kindbody provides supplemental holistic coaching, counseling, and support to an expecting parent's elected OB clinical team.

our services

- Finding the right OB
- Bridging the gap between OB visits
- Maternity booklet
- Early pregnancy risk
- Staying active
- Birth Planning
- Pelvic Floor Health
- Emotional Health
- Morning Sickness



[Click here to view booklet](#)

Postpartum planning

Educational overview and preparation for life post-birth from a Certified Professional Midwife (CPM). You will discuss resources and ancillary services for ongoing support, expectations for different stages of baby's development, the healing process, and family dynamic transition.

Birth options

Birth plan preparation and birth education resources. With a Certified Professional Midwife (CPM) or doula, you can discuss provider types, birthing locations, and supportive services. Topics can include provider selection, preferences and desires for your birth experience, pain management choices, and birthing center vs. hospital birth.

Pelvic floor PT

A personalized session with an orthopedic and pelvic health physical therapist. This session can help during pregnancy, postpartum, menopause and anytime one is experiencing pain and/or having bladder or bowel troubles, pain with sexual activity, or recovering from a more involved delivery.

Get started with Kindbody today by visiting

kindbody.com/activate-kindbody-benefit

Contact us at employeebenefits@kindbody.com