

Information for postpartum care at home

1. Procedure and content of a home visit

After you'll leave the hospital we will assist you and your family as a professional. We will support you by getting used to day to day life at home. A visit consists of a health check of mother and baby, as well as instructions of baby care and breastfeeding.

2. Cost recovery

There exists a collective agreement between the swiss midwifery association and the santésuisse /tarifsuisse ag:

- The insurances cover **up to 16 visits in the first 56 days after birth** if you're a **first time mum, if you have multiples, a c-section, or a preemie**. In all other cases, they cover for 10 visits up to the 56th day after the birth. They also cover the cost of three breastfeeding consultations during the whole period of breastfeeding.
- If there are needed more postpartum visits, a **prescription from the gynaecologist/pediatrician** can be requested. These visits are also covered by the basic health insurance.
- The insurances cover CHF 150 of a birth preparing talk, as well as for a birthpreparing class alone, or in a group.

3. On-call service

Registration for postnatal care is binding. This means that we will be on call for you until the end of the postnatal period or we will cover for each other. For this on-call service, which is part of the midwife's salary, we are compensated CHF 115 by most municipalities in the canton of Zurich. **In Thalwil and Gattikon, this contribution is not paid by the municipality. Therefore, the on-call allowance is invoiced to the client after registration.** Some health insurance companies reimburse the amount after completion of the postnatal care.

Should the application not be followed by a postpartum assistance through us, the amount will be charged by invoice.

4. Availability

During the postpartum period, that means from our first visit after the birth until the completion of the postpartum care, we will be available for you by email arcus.hebammen@hin.ch or by text message (SMS/Whatsapp/Threema: 079 294 13 83).

After our last visit at your home, you can reach us by email arcus.hebammen@hin.ch.

5. Get in touch after the birth:

Please inform us about the birth of your child with a first SMS/Whatsapp/Threema within 24 hours (midwife mobile 079 294 13 83). As soon as you know your discharge date, please let us know in a second textmessage. This will enable us to optimally plan the visits with you and to give you the date for the first home visit.

The midwives of the Arcus Praxiszentrum work as a team and replace each other during holidays or in case of illness.