

# Your Birth, Your Way

Introducing our **new Pregnancy Care**  
and **Birthing Plans** at Fernandez!



**Fernandez**

Built for Birthing

**At Fernandez,  
every birth is more  
than a medical  
event. It's a deeply  
personal journey.**

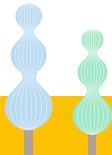


For over 70 years, we've supported more than 200,000 mothers through respectful, evidence-based care that honours their choices and celebrates their strength.

We now offer thoughtfully curated pregnancy and birthing plans that factor in the uniqueness of every mother's journey. Rooted in our belief that every woman deserves care as an individual and as she is. These plans blend compassion, clinical excellence, and flexibility, making it easier to plan your care with confidence, from your very first visit to the day you welcome your baby.

Our plans are more than just checklists; they're a promise. A promise to walk with you, listen to you, and care for you with integrity and respect. Whether it's a gentle, normal birth or a C-section, our goal is the same: a safe, blissful birthing experience tailor-made for you.

*Because when you birth with Fernandez, you're not just cared for, you're cherished!*



# Fernandez Begin

## Antenatal Care Plan

Every confident birth Begins with a Strong Start!

At Fernandez, we believe that a positive birthing experience begins long before labour. It begins with trust, support, and expert antenatal care. That's why we created the **Fernandez Begin** Antenatal Care Plan—your personalised guide through the early stages of pregnancy, backed by evidence, compassion, and clinical excellence.

Whether it's your first pregnancy or not, this plan ensures you feel informed, heard, and nurtured during every visit.

- ⌚ Covers your entire pregnancy journey

### WHAT'S INCLUDED



- Consultations – **9**
- Investigations – All essential tests for first and second trimesters
- Ultrasounds **(6)** – NT, Anomaly, Growth, AFI & EBW and 2 AFIs
- NST **(1)** – Baby heart rate monitoring and movements
- Pharmacy Support:
  - Folic acid
  - Doxinate
  - Iron, Calcium and Vitamin D

### EXCLUSIVE BENEFITS WORTH

₹ 12,000

- Physiotherapy consultation: **1**
- Consultation with Nutritionist: **1**
- NST: **1**
- Nutrition screening: **1**
- Discount on Fernandez Bliss Birth Care Plan: ₹ 10,000

# Fernandez Blossom Continuity Care Plan

Nurturing you through the Heart of your Pregnancy

From the first flutter to the final countdown, pregnancy is a journey of wonder and change. Our **Fernandez Blossom Continuity Care Plan** celebrates the magic of your pregnancy's middle and final chapters—where tiny kicks turn into little reminders of life, every heartbeat strengthens your bond, and every moment is a step closer to meeting your baby.

We're here to support, guide, and nurture you through every emotion along the way.

 **Covers the second and third trimester**

## WHAT'S INCLUDED



- Consultations – **8**
- Investigations – **All essential tests for the second trimester**
- Ultrasounds **(5)** – Fetal Anomaly, Growth, AFI & EBW, 2 AFIs
- NST **(1)** – Baby heart rate monitoring and movements
- Pharmacy Support:
  - Iron, Calcium and Vitamin D

## EXCLUSIVE BENEFITS WORTH

**₹ 7,000**

- Physiotherapy consultation: **1**
- Consultation with Nutritionist: **1**
- NST: **1**
- Discount on **Fernandez Bliss Birth Care Plan: ₹ 5,000**

Our complimentary offerings with our pregnancy plans, such as Physiotherapy and Nutrition consultations, are our way of creating a safe space for mothers to feel empowered and informed not just treated.

# Fernandez Bloom

## Pregnancy Care Plan

Glow with Confidence in your 3rd trimester!

Pregnancy is more than a medical event, it's a profound, life-changing journey. Our **Fernandez Bloom Pregnancy Care Plan** is thoughtfully designed for your third trimester, offering not just essential clinical care but also the emotional, physical, and educational support every mother deserves.

With expert guidance, reassuring touch points, and childbirth education built in, we prepare you to welcome your baby with confidence, clarity, and calm.

 **Covers the third trimester**

### WHAT'S INCLUDED



- Consultations – **6**
- Ultrasounds **(4)** – Growth, AFI & EBW, 2 AFIs
- NST **(1)** – Baby heart rate monitoring and movements
- Pharmacy Support:
  - Iron, Calcium and Vitamin D

### EXCLUSIVE BENEFITS WORTH

**₹ 7,000**

- Physiotherapy consultation: **1**
- Consultation with Nutritionist: **1**
- NST: **1**
- Discount on Fernandez Bliss Birth Care Plan: **₹ 5,000**

Our complimentary offerings with our pregnancy plans, such as Physiotherapy and Nutrition consultations, are our way of creating a safe space for mothers to feel empowered and informed not just treated.

# Fernandez Bliss

## Birth Care Plan

Your birth is as Special as Your Baby!

At Fernandez, we've reimagined childbirth to be a joyful, empowering experience. The **Fernandez Bliss Birth Care Plan** honours your choices in a space where you're treated with compassion, not as a patient but as a **birthing mother**. Because every woman deserves to birth in dignity and peace.

 **Normal: 2 days | C-section: 3 days**

### WHAT'S INCLUDED



- Labour rooms/Theatre charges
- Post-operative observation – up to 6 hrs
- NST
- Anaesthetist charges for C-section
- Doctor consultations for the duration of stay
- Surgeon/Asst. Surgeon fee
- Medicines and consumables for the mother
- Well Baby Care\* – Basic investigations, vaccines (BCG & OPV), daily vitals, and neonatal consultation.
- Nutrition, Physiotherapy, and Lactation Counselling
- Food and beverage for the mother
- Nursing charges
- Medical records and administration charges
- Exclusive nursing and housekeeping services<sup>#</sup>

*\*Babies with no complications only*

*<sup>#</sup>For Super Deluxe and Suite rooms at Fernandez Stork Home*

## WHAT'S EXCLUDED



- Muhurtham deliveries
- NICU admission and any treatment/investigations (e.g. Phototherapy) for the newborn
- Specialist consultation for the mother or baby
- Multiple deliveries/high-risk pregnancy
- Additional stay- at actuals (Bed charges, doctor visits, nursing, and food)
- Any other complications/additional procedures
- Blood and blood products
- Epidural/IOL/Instrumental deliveries - separate packages apply
- Additional procedures (e.g. Suturing, etc)
- Water birth/Hydrotherapy
- Doula/Additional Labour Support
- Mother's stay for the care of the baby
- Food and beverage for the attendant
- KMC charges/mother's stay for the care of the baby
- Kiwi pump
- Insurance

## EXCLUSIVE BENEFITS WORTH

₹ 8,500

- The Blissful Beginnings gift hamper
- Baby photoshoot with frame: **1**
- Complementary **Fernandez Baby Spa** session: **1**
- **Core & More** classes (post-birth fitness for mothers): **50% off**

PRE-BOOK your birthing experience before 36 weeks with just ₹10,000 and get:

- ₹ 5,000 off on the **Fernandez Bliss Birth Care Plan**
- A 50% discount on your first **Fernandez Baby Spa** session

**OR CHOOSE THE**

- Postnatal Wellness Plan** for you and your baby

#### For Mothers

- Doctor/Midwife consultations: **3** (in-person or online)
- Pap smear (cervical screening test) and Haemogram
- Physiotherapist and Nutritionist consultation for a healthy recovery
- Haemogram



#### For Babies

- Neonatal consultation: **2** (in-person or online)
- Lactation Counselling session: **1** (online)
- Guidance from a Neonatal nurse (online)
- Bilirubin check



## Disclaimer



- Applies only to low-risk births (IP plan).
- Extended stays and cross consultations will incur additional charges (IP plan).
- Insurance applicable only for Begin and Bloom OP Plans.
- The plan concludes at discharge—follow-ups, tests, and home care not included (IP plan).
- In the unfortunate event of a miscarriage or IUFD treated at another hospital, we kindly request that you submit the discharge summary (applicable for all plans).
- For OP plans, in case of a miscarriage, any services that have already been availed will be adjusted from the plan amount.
- Please note, refunds are not applicable if you birth at another facility (all plans).

## Frequently Asked Questions



### 1 Is everything included in the Bliss plan?

Yes, the plan covers birthing charges, room stay, food for the mother, doctor/nursing fees, pharmacy, consumables, and routine baby care.

## 2 Is baby care included?

Yes, routine newborn care, basic tests, and initial vaccines (BCG & OPV) are included. NICU or special treatment is billed separately.

## 3 Are epidural/instrumental deliveries included?

No, these have separate plans.

## 4 Will I get a detailed bill?

Yes, if you are going in for a reimbursement.

## 5 Is Muhurtham (timed delivery) included?

No, additional charges will apply.

## 6 What's the benefit of a package over regular billing?

The plans offers fixed pricing with added benefits and fewer billing surprises.

## 7 Is the pregnancy plan mandatory?

No, but opting for a plan will avail you additional benefits.

## 8 Is food included?

Yes, only for the mother.

## 9 **What if I stay longer?**

Additional stay will be billed separately.

## 10 **Do I get a discount for early booking?**

- Yes, ₹ 5,000 off on the Fernandez **Bliss** Birth Care Plan and a 50% discount on your first Fernandez Baby Spa session  
*OR* opt for the Postnatal Wellness Plan for you and your baby.

## 11 **Is water birth, hydrotherapy, or doula care included?**

No, these are optional add-ons at an extra cost.

## 12 **What if complications arise?**

The plans cover low-risk births only. Any additional procedures, ICU, specialist care, or extended stay will be charged separately.

## 13 **Do insurance patients get complimentary services?**

No, complimentary services are exclusive to cash-paying patients.

## My Preferred Plan

Fernandez Begin Antenatal Care Plan

 Fernandez Blossom Continuity Care Plan

A large, empty square box with a thick green border, designed for children to draw or write in.

Fernandez Bloom Pregnancy Care Plan

Heart **Fernandez Bliss Birth Care Plan**

A large, hollow orange square frame, likely a placeholder for a drawing or diagram.

## Notes/Remarks

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To Learn More About Our Plans

 **1800 419 1397**

Or Visit Our Website

 [www.fernandezhospital.com](http://www.fernandezhospital.com)

