

Membership Fees



\$200/month

Newborn - 23 Months Old

\$150/month

2 Years & Older

\$100/month

After High School Graduation

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- **\$500/month Maximum per Family**
 - **\$100 Administrative New Family Fee (one-time)**
 - **Home visits beyond 2 months old available for an additional fee**
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There are NO unexpected bills from us.

No co-pays, deductibles, or uncovered services.

If you prefer Home Visits, in addition to the ones included for <2-month-olds, this can be provided for an additional fee.

Healthcare needs outside of our practice such as, specialist appointments, x-rays and studies, labs outside of the ones listed above that are done in our office, surgeries or procedures, and emergency room-related care is not included in your fee. We encourage you to carry private insurance or a catastrophic insurance plan for such care.

Membership Benefits



1 Hour Regular Well Child Visits

- We follow the American Academy of Pediatrics Well Visit Schedule:
 - First newborn visit at 1-3 days after going home, 1-2 weeks old, 1 month old, 2 months old, 4 months old, 6 months old, 9 months old, 12 months old, 15 months old, 18 months old, 2 years old, 2.5 years old, 3 years old and every year until you graduate from college or age out of the practice at 22 years old.
 - Well Visits are scheduled for 1 hour! This compares to well visits at fee-for-service practices that are 15-30 minutes long.
- Home visits for all newborns or adopted children through their first 2 months at home.

Sports / School / Pre-Operative / Travel Physicals

- Many insurers will not cover an extra or early physical exam that may be required.
- Your membership is all-inclusive- there is no limit to how many times you can be seen!
- This includes:
 - Pre-travel planning
 - Medication recommendations for international travel
 - Prescriptions you may need while you are away!
- We can help with travel immunizations too! You may need to pick up special immunizations at a pharmacy, but we can prescribe it and give you the immunization.

All Sick Visits and Consultations

- Available seven days a week.
 - We are available for same-day sick visits during our weekly office hours or first thing in the morning on weekends when necessary.
 - We do not want our patients going to Walk-Ins, Urgent Care Clinics, or the Emergency Department (unless it is a true emergency.)
 - Your child's health is best cared for by those who specialize in children, who know your child, and who have an ongoing relationship with your family.
 - You will always see us for sick visits. Whether an acute sick visit, consultation for a chronic health concern, behavioral health issue, or parent education, we will give you the time you need and the attention you deserve. This may be in our office, which provides a warm, familiar setting while avoiding crowded waiting rooms. Or this may be over the phone, via email, or video chat - whatever fits the medical needs of your family.

Membership Benefits



- A growing and changing person's healthcare needs are not best addressed once a year. Adolescents change so quickly, and we believe it is important to have twice-yearly visits to discuss puberty, body changes, peer and social relationships, nutrition, and mental health needs.
- It is important to follow chronic medical conditions closely. Too often, kids are seen once a year by the doctor and then wind up at an urgent care facility for their asthma, or a walk-in for strep throat. We understand that chronic medical conditions can take a back seat to the chaos of daily life. That is why we are here - to follow chronic conditions on a regular basis, keep track of medical concerns, and adjust treatment as often as needed.

Medication Management for Mental Health

- We treat and manage a variety of mental health concerns: ADHD, Depression, Anxiety, Autism Spectrum Disorder, and Psychiatric effects of PANS/PANDAS. We coordinate care with outside providers, psychiatrists, pediatric specialists, and psychotherapists as needed. This is done in-person in our office, over the phone and via telehealth.

Newborn & Prenatal Services

- Our goal is to help new parents feel empowered in caring for their newborn. As part of your membership, a prenatal visit is scheduled prior to your child's arrival. This educational session serves to help you prepare for your birthing or adoption experience, understand the process, discuss medications administered in the hospital, and provide you with lactation guidance if you are intending to breastfeed your baby.
- We believe it is important to care for all members of the family unit. Following the arrival of your child, your baby should be seen 1-3 days after coming home. This visit, as well as their 1-2 week Well Visit and 1 month Well Visit, are all done in the comfort of your home. We come to you for these visits! This is the way to protect newborns from infection, and to nurture parents and siblings by removing the additional stress of having to leave your home for an appointment.

Lactation Support

- Dr. Kelly Parker-Mello is an experienced breastfeeding support pediatrician who works in breastfeeding education at any visits as it is needed. She is working towards obtaining her Certified Lactation Consultant certificate.

Membership Benefits



- This support consists of lactation education and support at the prenatal visit, phone consultations, video telehealth visits, and in-person lactation support, including latch assessment, counseling on lactation equipment such as pumps, nipple shields, and support devices, lactation appointments with pre-and-post-breastfeeding weights to assess effectiveness of breastfeeding, milk transfer and infant weight gain.
- Dr. Kelly trained in tongue tie evaluation and anterior tongue tie release, and can provide medical expertise as it relates to your baby's milk intake, swallow and transferring of milk, jaundice and weight gain.

Educational Consultations

- These are topics tailored to your interests or concerns and are available as families' desire for any parenting, development or health guidance arises.
- Topics may include but are not limited to:
 - Balancing breastfeeding while working, optimizing nutrition in our fast-paced lives, limiting toxins in our environment, how to encourage good sleep habits, the implication of and limiting inflammation in our bodies, navigating the special education systems in schools, and finding a balance for adolescents in a social media-driven society.

Phone Calls, Text, Email & Video Visits

- Providing convenient, quality medical care for children is our priority. For our patients and families, this may be a quick text to check a medication dose; it may be an email you send in the middle of the night because you can't sleep, to address learning or behavioral problems your child is having in school; it may be a phone call to discuss what normal development is in your first child, or a video chat to assess a new rash.
- Prior to the COVID-19 Pandemic, telehealth visits were rarely covered by insurance companies. This forced medical practices to have patients come into the office for almost all questions or concerns. To save you time, money, and hassle, whenever medically appropriate, we are happy to chat with you remotely to address your concerns.

In-Office Labs

- Standard labs done during childhood that are covered in your membership include Lead Level, Hemoglobin, and Cholesterol screening.

Membership Benefits



- Other labs that are also covered include Group A Streptococcus, Influenza, RSV, Mononucleosis, Coronavirus, Blood Glucose, Blood in Stool, Urine Dip, Urine Pregnancy for our patients.
- Additional labs that our office will collect as needed and send to an outside lab for processing include Skin/Wound/Urine Cultures, Chlamydia, Gonorrhea, Urine Analysis, and Vaginal Swabs. (Collection of specimens are included in the membership, although any outside lab fees are the patient's responsibility.)
- Additional Labs, X-Ray, Ultrasound, CT/MRI, and other studies may be ordered by our providers but will be billed by the outside facility. These may be covered by your outside insurance.

Immunizations up to 19 Years Old

- NH State-funded vaccines are available on the recommended AAP/CDC schedule, including the influenza vaccine.
- We provide vaccines to those >18 years old for the cost of the vaccine, which may be covered by their private insurance. We can help to coordinate the best plan for your family.
- For your convenience, we provide yearly influenza vaccines to adult caretakers for an additional fee.

Care Coordination

- For those with chronic healthcare needs, we are your medical home and coordinator, communicating with specialists and therapists, keeping track of evaluations, testing, and needed follow-up. We help you navigate the confusing world of healthcare and assist in finding the services your child or family may need.
- As part of our whole patient philosophy, we have an extensive referral network, partnering with psychotherapists, parenting coaches, nutritionists, post-partum doulas, educational attorneys, and more.
- We refer your child to whom is the best fit for them and their needs. Our recommendations are never dictated by an insurance company, parent organization or financial incentive.