



MAJOR CARE

# PUT A DOULA IN YOUR POCKET™

Major Care™ blends proactive and responsive care from pregnancy to postpartum through SMS text and video with certified doulas and lactation experts.

## DOULAS ADDRESS:

- Prenatal care adherence
- Birth planning
- Postpartum prep
- Postpartum warning signs
- Postpartum norms & self care
- Postpartum care adherence
- Lactation, pumping & infant feeding
- Vaginal & belly birth recovery
- Infant care & safety
- Sleep safety & schedules
- Screening for PPD, PPA and other mental health concerns
- Substance misuse & IPV resources
- Relationships & sibling adjustment
- Personalized resources & recommendations for the family

## EASE. EMPATHY. EXPERTISE.

### HIPAA-Compliant Continuous Care

Video- and text-based care with credentialed postpartum doulas and lactation experts 5 days/week from 8am to 8pm CT.

### One Dedicated Number, Unlimited Support

Parents receive a dedicated SMS number, use a one-word text prompt to connect, and then are in our care.

### Proactive + Responsive Doula Care

After welcoming each new family, we foster connection and create a safe space to screen for concerns by checking in via text every 48 hours.

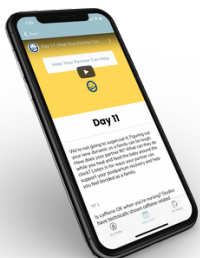
### Asynchronous Education + Wellness Tracker

Inclusive, evidence-based and bite-sized "Master Class" style education for postpartum. All curriculum is overseen by a panel of vetted medical professionals. Plus: A wellness tracker for logging food, bathroom & Rx.

## HOW OUR SOLUTION HELPS YOU

Doulas are uniquely trained to support + screen the full spectrum of the perinatal experience. Major Care specializes in relationship-based whole person care. We focus on education and prevention by:

- Encouraging care adherence & wellness visits
- Providing continuous support
- PPD screening and early intervention resources
- Mitigating preventable postpartum conditions
- Reducing unnecessary use of ED for basic postpartum needs



[Click to watch My Fourth demo](#)

## Contact

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   @MAJORCAREDOULAS

 @MAJORCARE

WWW.MAJORCAREDOULAS.COM

# DOULA SUPPORT ANYWHERE

From birth planning to baby care, we're here for you every step of the way!



## GET STARTED

Text **QUARTZ** to  
**844-716-2567**

You'll receive a text with a short on-boarding form and then connect with our team.

*Note: This number is private. Please do not share it.*



**MAJOR CARE**  
PUT A DOULA IN YOUR POCKET.™



### CARE ON YOUR SCHEDULE

100% covered video visits + text support with certified coaches from 8am to 8pm CT



### SUPPORT DURING PREGNANCY

- Birth planning
- Postpartum prep
- Resources



### SUPPORT AFTER BIRTH

- Warning signs
- Healing tips
- Lactation
- Newborn care
- Emotional health
- Resources