

A Birth Roots' Initiative: Increasing Access to Perinatal Supports Sliding Scale Fee Structure



Birth Roots wants comprehensive perinatal resources to be within reach of any family who seeks them, including, and especially, families marginalized by systemic racism and structural inequalities. This might include families who are: Black, Indigenous, Latine, Asian American and Pacific Islander, and other people of color, as well as LGBTQIA+, immigrant, low-income, single/solo-parent families, families with disabilities, and families at the intersection of these identities.

In 2023, Birth Roots is piloting a sliding scale fee structure to expand access to **families at risk of experiencing inferior care and health outcomes due to structural and systemic inequalities**. This shift represents one of several Birth Roots' initiatives to increase access to perinatal support options for any family who seeks them. To learn more about how systemic inequalities affect perinatal outcomes, [click here](#).

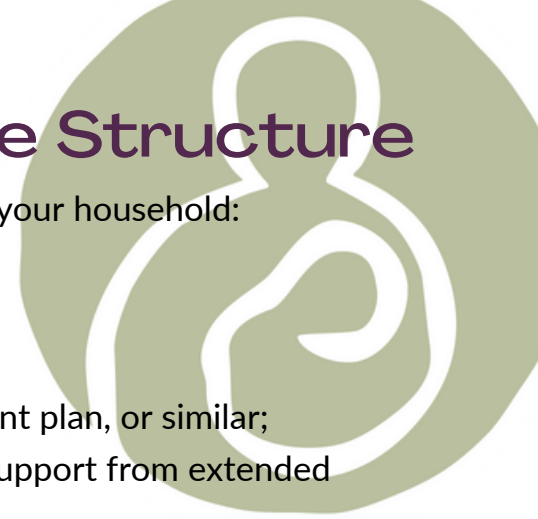
How do Birth Roots' participants utilize this sliding scale?

You will find three prices above each class description on our registration page, shown in the following format: Option 1/Option 2/Option 3

- Option 1 represents 100% of the class fee and is the default price
- Option 2 represents 82% of the class fee
- Option 3 represents 65% of the class fee

Participants should use the self-assessment tool below (adapted from [Alexis Cunningsfolk's framework](#)) to identify the sliding scale option that most closely reflects their household. The lists are not intended to be a perfect description of your situation, rather a collection of indicators that most closely describes a household's resources. Families utilizing pricing Option 2 or Option 3, will enter an access code at checkout to adjust the class price (enter: **accessoption2** or **accessoption3**).

Birth Roots: Sliding Scale Fee Structure



Choose sliding scale Option 1 if this list most closely represents your household:

- We own our home, property, or other assets;
- We have reliable transportation;
- We have comprehensive health insurance;
- We have disposable income and can contribute to a retirement plan, or similar;
- Our savings represent a buffer to uncertainties or, financial support from extended family could stabilize us;
- Option 1 is not a barrier to our participation in Birth Roots' classes, either with a payment in full or by utilizing the monthly payments option.

Alternately, our annual household income is over \$150,000, and we are not experiencing extenuating financial circumstances.

Choose sliding scale Option 2 if this list most closely represents your household:

- We typically have some disposable income after meeting monthly expenses;
- Both housing and transportation are generally stable;
- Debt is not likely to interfere with meeting basic needs, but is likely to interfere with retirement savings, or similar;
- We have health insurance, but our plan's deductible can mean substantial out of pocket expenses;
- We have a moderate amount of savings;
- In combination with the monthly payments option, sliding scale Option 2 addresses barriers to our participation in Birth Roots' classes.

Alternately, our annual household income is between \$75,000 and \$150,000, and we are not experiencing extenuating financial circumstances.

Choose sliding scale Option 3 if this list most closely represents your household:

- Structural and systemic inequalities have increased the likelihood of inferior perinatal care and outcomes in our family;
- Our housing options may be vulnerable;
- Reliable or convenient transportation may not be consistently available;
- We may have very limited disposable income or savings;
- Accessing health care requires MaineCare/Medicaid or similar programs;
- In combination with the monthly payments option, sliding scale Option 3 addresses barriers to our participation in Birth Roots' classes.

Alternately, our annual household income is less than \$75,000.