

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. Since 2023, Birth Roots has offered 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.**

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

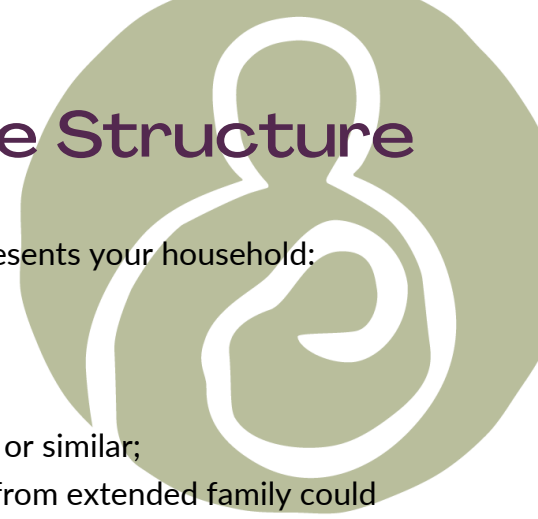
- **Option 1** represents 100% of the class fee and is the default price
- **Option 2** represents 82% of the class fee (use code **accessoption2** at checkout)
- **Option 3** represents 65% of the class fee (use code **accessoption3** at checkout)

Participants should use the self-assessment tool on Page 2 (adapted from Alexis Cunningfolk'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.



Birth Roots

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Choose sliding scale Option 1 (default price) 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 (use code *accessoption2* at checkout) 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 (use code *accessoption3* at checkout) 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.