

# NESSLE

For Employers



Nessle is a digital health platform that connects new and expectant parents with experts for tailored guidance on all things pregnancy, postpartum, and parenting.

Our app-based, subscription platform lets parents easily connect for 1-on-1 sessions with members of our growing network of trained Nessle specialists--doulas, sleep coaches, parenting experts, maternal wellness coaches, lactation consultants, and more!

When you partner with Nessle, your employee will have a monthly point budget to "spend" on sessions with the experts of their choosing. You'll be doing your part to help the parents in your workforce feel supported and encouraged during one of life's most challenging phases.

## OPTIONS

### PREMIUM SUBSCRIPTION

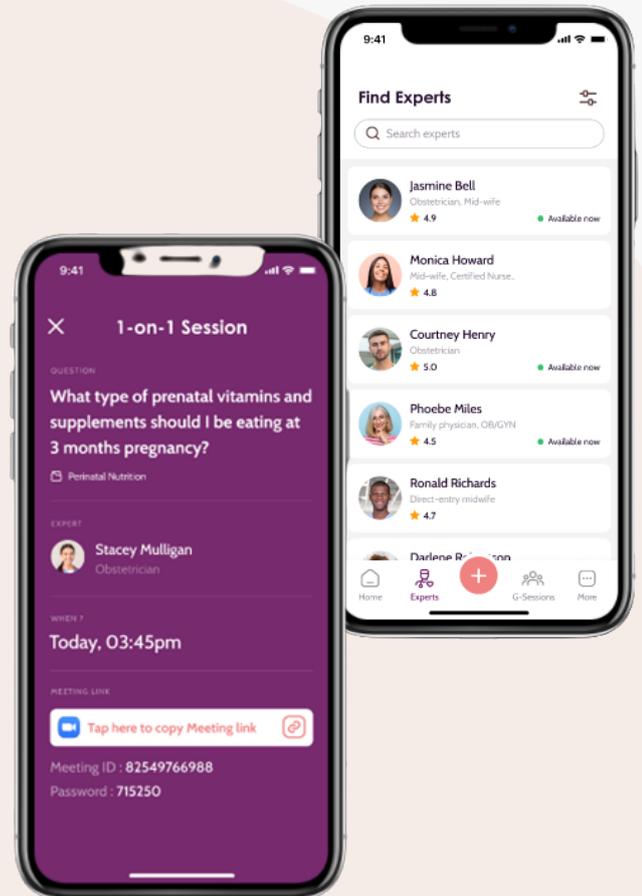
- **Tracking:** kick counter, contraction timer, feed tracker, diaper log, sleep diary, and daily notes
- Access to full **resource library** of easy-to-digest, evidence-based articles on topics ranging from "navigating surrogacy" to "selecting a preschool" and more
- 100 monthly consultation **points budget**, to spend on 1-on-1 meetings via our secure, HIPAA-compliant platform, with whichever specialist(s) the parent chooses
- weekly virtual **support group** meetings
- monthly live **webinar series**
- ability to **sync** with external care providers (personally hired in-person doulas, for example) for information-sharing, recommendations, and communication

*\$150/month per user, 3-or 6-month subscription contract*

### CONCIERGE SUBSCRIPTION

- **all of the above PREMIUM benefits, plus:**
- additional 50 monthly consultation **points budget (150 points per month total)**, to spend on 1-on-1 meetings
- Concierge Nessle doula serving as **care coordinator**, recommending the perfect experts to address a client's needs and providing guidance and support with daily check-ins by secure, in-app messaging

*\$300/month per user, 3-or 6-month subscription contract*



[To see Nessle in action, watch our 1-minute product demo](#)

**LET'S TALK ABOUT GETTING YOUR EMPLOYEES THE PARENTAL SUPPORT THEY DESERVE!**

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## HOW FAR DO POINTS GO?

	10-min Meet & greet	20-25 min Quick consult	50-55 min Full consult
Bronze Expert	0 points	40 points	80 points
Silver Expert	5 points	50 points	100 points
Gold Expert	10 points	60 points	120 points

## WHAT DO NESSLE PARENTS SAY?

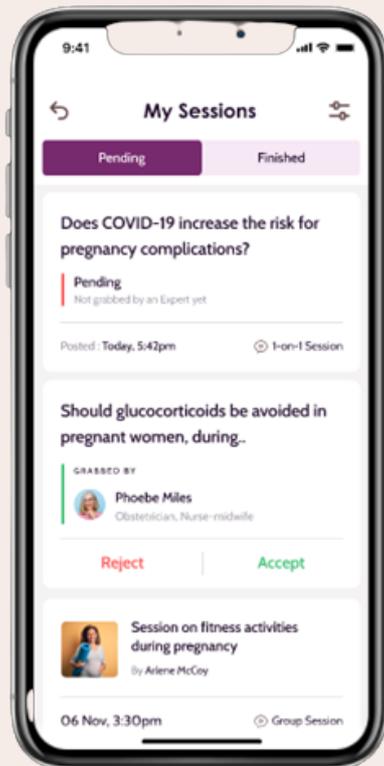
### SAMPLE MONTH: AMBER'S JANUARY WITH NESSLE (PREMIUM SUBSCRIBER)

- **Supporting Sibling Transitions** (25 min 1-on-1 consult with Caitlin, postpartum doula)
- **Navigating a Nursing Strike** (25-min 1-on-1 with Carly, certified lactation counselor)
- **Creating a Back-to-Work Pumping Schedule** (10-min 1-on-1 consult with Kim, lactation counselor)
- **10-minute guided meditation for patience** (led by Allison, perinatal yoga instructor)
- **BIPOC Parents** monthly support group meeting, led by Yvonna (birth doula)

"[My expert] provided me with the knowledge and the proper verbiage to be my own voice. The conversations and support that I received encouraged me to continue nursing my son when I felt like giving up. Now I'm encouraging moms in my community to nurse and to trust the process. Here I am going on 13 months of nursing." -Shayla, mom to Zion

"Such a comfort and help after I had my baby... [My expert] had helpful suggestions for breastfeeding positions. But what I appreciated the most was how knowledgeable she is and her organized and thoughtful approach to doula-ing." -Hannah, mom to Lou

"I refer basically everyone I know to [my expert]. Working with her is so easy because she knows what it's like to struggle as a new mom and is passionate about helping everyone navigate parenthood. If you're even considering pursuing postpartum or lactation help, DO IT!" -Rebecca, mom to Catherine and Andrew



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