



# Method Programs and Ongoing Support

[www.bostoncrosscheck.com](http://www.bostoncrosscheck.com)

## What is Boston Cross Check?

Whether you're looking to achieve or avoid pregnancy, the Boston Cross Check™ method has earned a reputation for its versatility and effectiveness. BCC is a method of Natural Family Planning which utilizes three major signs of fertility:

- at-home hormonal monitoring
- cervical fluid observation
- temperature tracking

BCC is an ideal choice for women and couples looking to blend the tried-and-true with the latest technology!



Are you looking for a method of fertility management which is personalized, flexible, and effective at helping you monitor your health and achieve your family planning goals? Boston Cross Check™ has three distinct method programs, which are designed to accompany a couple through various stages in their shared reproductive life:

### Method Instructional Program

Learn the basics for charting with BCC: all clients should complete the Method Instructional Program (MIP) if they want to use BCC long-term

### Postpartum Program

Specialized protocols for women who are breastfeeding and are looking to chart prior to return of fertility, or within 6 cycles postpartum

### Peri-Menopause Program

Specialized protocols for women throughout the menopause transition





## Program Fees, Structure & Options



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Choosing a method of natural family planning is an investment in knowledge and skills which will last all of your fertile years. By working with a trained instructor, you get personalized support and better efficacy with your chosen method. Boston Cross Check™ uses a standardized fee system in order to be transparent and ensure that all clients receive the same pricing, regardless of which instructor they choose. Most program fees can be split into payments. If you have concerns about being able to afford program fees or ongoing support, please communicate those to your chosen instructor and we will try to assist you!

**\*Consultation** is defined as any client/instructor interaction, e.g., chart review, question relating to rules, observations or protocols, review or reinstruction of method related material, etc.

### Method Instructional Program- \$200

Four instructional sessions, with unlimited consults through Cycle 12.

### Postpartum Program- \$300

Two instructional sessions, with unlimited consults through 6 cycles once fertility returns.

*Please note: if you have not yet taken the MIP, you will need to complete Session 1 of the MIP in tandem with the Postpartum Program. Additional fee: \$50. If you wish to continue BCC beyond postpartum, you will need to complete Sessions 2-4 of the MIP. Fee: \$150 for 3 instructional sessions with unlimited consults for one year*

Postpartum clients who have already participated in the program but would like follow-up in subsequent postpartum periods may hire an instructor for individual consultation sessions (below), or for a program refresher and unlimited consults through 6 cycles once fertility returns. Fee: \$150

### Peri-Menopause Program- \$200

Two instructional sessions, with unlimited consults through one year.

*Please note: if you have not yet taken the MIP, you will need to complete Sessions 1-3 of the MIP in tandem with the Peri-Menopause Program. Additional fee: \$100*

### Ongoing Support

After completion of the MIP, clients are eligible for ongoing consultations\* according to their preference. Clients may select:

Individual consultation sessions: \$25 each  
One year of unlimited consultations\*: \$75