

Doula services

Covered doula services:¹

- One initial visit
- Up to eight additional visits that may be provided in any combination of prenatal and postpartum visits
- Support during labor and delivery (including labor and delivery resulting in a stillbirth), abortion, or miscarriage
- Up to two extended three-hour postpartum visits after the end of a pregnancy

Doula services are provided at no cost for individuals during and following pregnancy, including childbirth and the postpartum period, to prevent perinatal complications and/or promote the physical and mental health of the beneficiary. Doulas support the pregnant individual throughout the perinatal period, with the goal of improving outcomes for birthing parents and infants. Doulas offer perinatal and labor support and guidance; health navigation; evidence-based education, including development of a birth plan; and linkages to community-based resources.





More information

- For more information about doula services, email CADoulaProgram@anthem.com.
- To recommend a member for doula services:
 - Via email or fax, complete and submit the *Care Management Referral Form* (<https://tinyurl.com/mpj55dth>).
 - Via phone, call one of our Medi-Cal Customer Care Centers at **800-407-4627 (TTY 711)** (outside L.A. County) or **888-285-7801 (TTY 711)** (inside L.A. County).

Reference:

- 1 To be eligible for doula services and be covered under Medi-Cal Managed Care (Medi-Cal), a beneficiary must be eligible for Medi-Cal, enrolled in the managed care health plan (MCP), and have a recommendation for doula services from a physician or other licensed practitioner of the healing arts. Doula services may only be provided during pregnancy, labor and delivery, miscarriage, and abortion, and within one year of the end of a beneficiary's pregnancy. Doula services can be provided virtually or in-person with locations in any setting, including but not limited to homes, office visits, hospitals, or alternative birth centers.

<https://providers.anthem.com/ca>

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