

# Doula Pilot Program for pregnant women

## What is a doula?

A doula is a nonclinical professional who provides physical, emotional and informational support to mothers before, during and after childbirth.

## What doula services are covered by Anthem Blue Cross?

- Weekly visits during pregnancy period (up to and including six visits), dedicated 24/7 on-call availability throughout pregnancy and postpartum
- Ongoing birthing support during labor and delivery
- Up to and including three visits during postpartum period to provide post-birth education (self-care, feeding, sudden infant death syndrome [SIDS] avoidance, mental health awareness, etc.)
- Childbirth education classes
- Referrals to community resources



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

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### **What are the benefits of a doula?**

Evidence shows that working with a doula can lead to:\*

- Shorter labors.
- Fewer requests for epidurals.
- Less frequent use of forceps or vacuum.
- Increased confidence in birth partners.
- Fewer cesareans (or lower cesarean rates).
- Increased success with breastfeeding.
- More time to bond with the baby.
- An easier transition into parenthood

### **How do I know if members are eligible for the Doula Pilot Program?**

If members are enrolled in Medi-Cal Managed Care (Medi-Cal) and live in Fresno, Kings or Alameda County, they are eligible to receive doula services.

### **How can I find more information?**

To learn more or refer a Medi-Cal member who is currently pregnant, please email a completed *Doula Program Referral Form* to [healthd\\_ca\\_medicaid@anthem.com](mailto:healthd_ca_medicaid@anthem.com).

\* March of Dimes Position Statement, Doulas and Birth Outcomes, January 2019