

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>

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Blue Cross of California Partnership Plan, Inc. are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc. Blue Cross of California is contracted with L.A. Care Health Plan to provide Medi-Cal Managed Care services in Los Angeles County.



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.

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