

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 healthed_ca_medicaid@anthem.com.

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