

DOULA SERVICES

WHAT IS A DOULA?

A doula is a trained non-medical companion that supports pregnant people.

A doula:

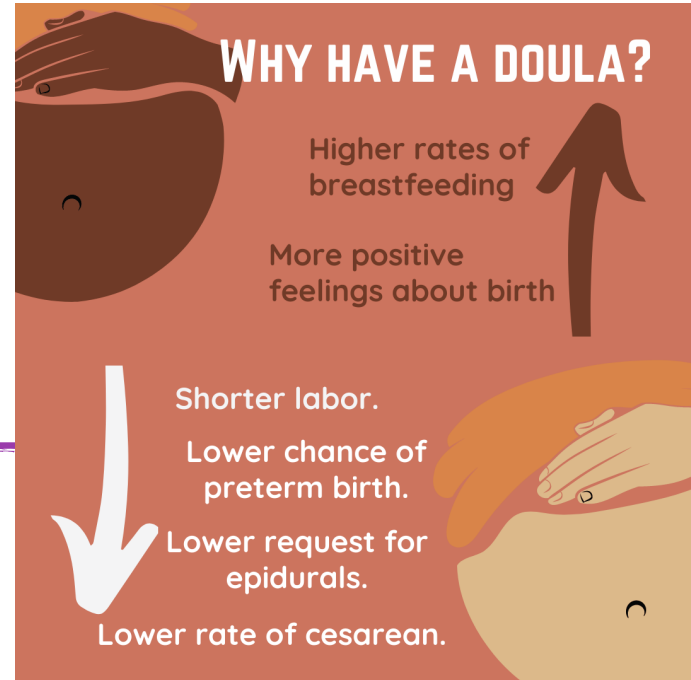
Answers questions about pregnancy, labor and after birth.

Provides comfort through physical support.

Offers emotional support.

THE DOULA BENEFIT

- Up to five (5) prenatal and/or postpartum visits.
- In-person birthing support.
- Text, email and phone support between visits.
- 24/7 on-call support after 37 weeks until birth.
- Doula visits can be at your home, doctor's office or a public place.
- Doula services are available at no cost to eligible members.



HERE ARE SOME ACTIVITIES TO DO WITH YOUR DOULA:

- | | |
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| <input type="checkbox"/> Get to know each other. | <input type="checkbox"/> Practice movement and positions for labor. |
| <input type="checkbox"/> Create a birth plan. | <input type="checkbox"/> Prepare and plan for baby. |
| <input type="checkbox"/> Discuss your birth traditions. | |



MORE INFORMATION

You were chosen by your health plan for doula services. You can contact the doula team at 1-877-436-8527 x0. You can opt out at 1-877-436-8527 x0.



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