# 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.

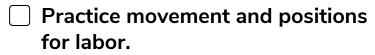
## THE DOULA BENEFIT

- Three (3) visits while pregnant.
- In-person birthing support.
- Three (3) visits after birth.
- 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:

- Get to know each other.
- Create a birth plan.
- Discuss your birth traditions.





Prepare and plan for baby.

### 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.

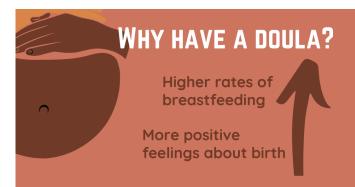












Shorter labor.

Lower chance of

preterm birth.

Lower request for

epidurals.

Lower rate of cesarean.

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