

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.

WHY HAVE A DOULA?

Higher rates of breastfeeding

More positive feelings about birth

Shorter labor.

Lower chance of preterm birth.

Lower request for epidurals.

Lower rate of cesarean.

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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