

# Doula Program

for pregnant and postpartum 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 are doula services?

- Visits during pregnancy period, on-call availability throughout pregnancy and postpartum
- Ongoing birthing support during labor and delivery
- Visits up to and including postpartum period to provide post-birth education (self-care, feeding, sudden infant death syndrome [SIDS] avoidance, mental health awareness, etc.)
- Referrals to childbirth classes and community resources

## 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 Program?

Simply Healthcare Plans, Inc. and Clear Health Alliance members are eligible to receive doula services.



**To learn more about this member benefit and methods to successfully integrate doula services into your practice, contact Provider Relations at 844-405-4296.**

**For member self-referrals, contact Member Services at 844-406-2396.**

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

<https://provider.simplyhealthcareplans.com> | <https://provider.clearhealthalliance.com>

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