

## **Doulas Now Offered to Support Your Birth Experience**

**Doulas offer support to expecting and new parents.**

**And they're covered by Medi-Cal!**

Pregnant and Postpartum Medi-Cal members

**Call Health Net to get matched with a doula in your area.**

Call 1-800-675-6110 (TTY: 711).

Medi-Cal members who are pregnant, or who were pregnant within the past year, are covered for doula services at no cost to them.

### **What is a doula?**

A doula is like a birth helper. They help pregnant people before, during, and after childbirth.

Having a doula can be really helpful for parents. Here's why:

- ❖ **Education and Emotional Support:** Doulas can help parents feel confident and prepared for their baby's birth. Doulas offer guidance during pregnancy and the birth process. They can help families plan and make good choices.
- ❖ **Physical Comfort:** Doulas can offer physical support during labor, such as helpful positions and guided breathing.
- ❖ **Better births:** Doula care is linked to a more positive birthing experience and better health outcomes.
- ❖ **Postpartum Support:** Doulas can help parents after the baby's birth with things like breastfeeding and newborn care.

Note: Doulas are part of a care team, but they do not have medical training. They do not offer clinical advice like a doctor or nurse does.

**An Ob-Gyn doctor is glad she used a doula and she recommends them to patients. [Read her story.](#)**

### **What doula services are included for Medi-Cal members?**

Medi-Cal covers:

- Initial 90-minute visit to meet and get to know each other.
- Up to 8 more visits
  - These visits can be pre-birth and after birth.
- Support during labor and birth.
- Up to 2 more visits after birth
  - Talk with the doula about breastfeeding, mental health, sleeping patterns or any other concerns.
  - Visits can last up to 3 hours.

Note: Doula care is also available for a pregnancy that ends in a miscarriage, stillbirth, or abortion.

### **How do I get a Doula?**

Take one of the steps below to learn more about Doula services:

1. Call Health Net at 1-800-675-6110 (TTY: 711), 24 hours a day, 7 days a week.
  - Choose your own doula, or ask for help to find one that meets your needs.
2. If you prefer an online support program (which also offers in-person services in some counties), contact the Mahmee organization at 1-818-431-1118 and visit [Mahmee.com](https://www.mahmee.com).
  - Health Net Medi-Cal members may select Mahmee's team-based service **or** work with an individual doula, but **not both**.
  - Operating hours for Mahmee:  
Monday through Friday 6 a.m. to 8 p.m. Pacific time. Or Saturday and Sunday 8 a.m. to 6 p.m. Pacific time.
3. Call the State's Medi-Cal Health Care Options at 1-800-430-4263 (TTY 1-800-430-7077).