



# Announcing a New CalViva Health Member Benefit: **Doula Services**

**BRINGING YOU PERSONAL CARE AND SUPPORT DURING YOUR PREGNANCY JOURNEY**

## What is a Doula?

A Doula is a birth worker that supports you during pregnancy, birth, and postpartum (the time after birth). Doulas are there to help you in person or online. The care they provide can take place during provider office visits, or in:

- Hospitals
- Birth centers
- Your home

Doulas provide care that supports birthing people from diverse backgrounds and cultures. They offer support for a more positive time during pregnancy and postpartum. Doulas can even help improve health outcomes for birthing parents and their babies.

## ***How a Doula can help you***

Doulas support the all-around needs of pregnant and postpartum persons. They can help you:

- Define and write a birth plan.
- Learn about pregnancy and postpartum.
- Manage your care through the healthcare system.
- Connect with community resources.
- Offer support during labor, birth and postpartum.
- Adjust to breastfeeding and provide support.



*(continued)*

### ***What you can expect with your Doula benefit***

- One visit with a Doula to get to know each other.
- Up to eight more visits that can happen during the pregnancy and postpartum.
- Support during labor and birth. (This would also apply for a delivery that ends in a stillbirth. Or, for a miscarriage or abortion.)
- Up to two, three-hour postpartum visits after the end of a pregnancy.

### ***How you can get a Doula***

- Ask your provider or clinic about the benefit and ask for a list of doulas in your area.
- You can look up a doula for yourself using the *Provider Search* on our website: [calvivahealth.org](http://calvivahealth.org).
- If you have chosen a doula, please call CalViva Health to make sure your doula is registered with us.
- If you need help finding a doula in your area, please call CalViva Health.



**Call CalViva Health's Member Services toll-free at 1-888-893-1569 (TTY: 711). CalViva Health is here 24 hours a day, 7 days a week.**