



# Doula Pilot Program

## for pregnant women

### What is a doula?

A doula is a nonclinical, certified professional who provides physical, emotional, and informational support to mothers before, during, and after childbirth.

### What are doula services?

- Face-to-face visits during pregnancy period and on-call telephonic availability throughout pregnancy and postpartum periods
- Continuous 1:1 birthing support during labor and delivery
- Visits up to and including postpartum period to provide post-birth education (self-care, feeding, safe sleep, mental health awareness, etc.)
- Referrals to childbirth classes and community resources

### What are the benefits of a doula?

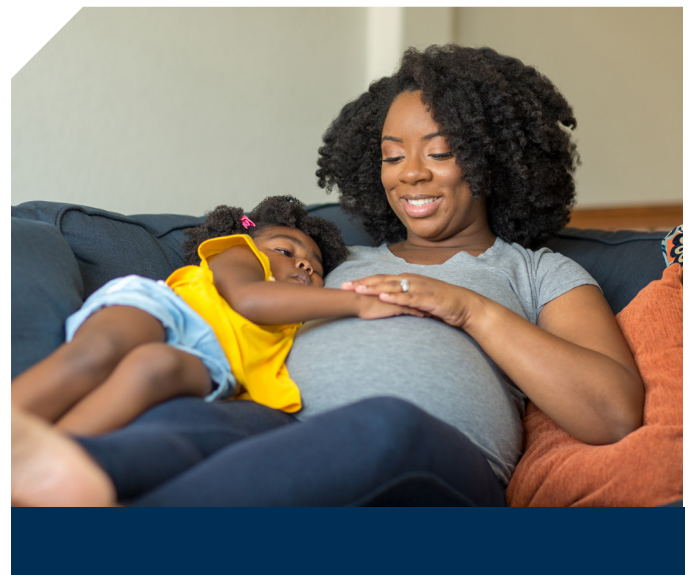
Evidence shows that working with a doula can result in:\*

- Shorter labors.
- Fewer requests for epidurals.
- Decrease of instrument assisted deliveries.
- Decrease in maternal anxiety and depression.
- Increased maternal confidence in birth partners.
- Fewer cesareans (or lower cesarean rates).
- Improved communications between providers and mother.
- Increased success with breastfeeding.
- More time for families to bond with the baby.
- An easier transition into parenthood.

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

### How do I know if members are eligible for the Doula Pilot Program?

If members are enrolled with Healthy Blue and live in the St. Louis metro area, Kansas City metro area, or Greene County, they are eligible to receive doula services.



### How can I find more information or enroll a member into the program?

To learn more or to refer a Healthy Blue member who is currently pregnant, please email or fax a completed *Doula Pilot Program Referral Form* to [SM\\_MODCMREF@healthybluemo.com](mailto:SM_MODCMREF@healthybluemo.com) or **844-464-9238**.

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