

## Am I eligible for the doula program?



If you are currently pregnant or have been pregnant in the past 12 months, have a recommendation from your doctor or licensed practitioner, and are enrolled in Anthem Medi-Cal, you are eligible to receive doula services.

Anthem Medi-Cal members are eligible for one initial prenatal visit, up to eight visits during the perinatal period (either prenatal or postpartum), continuous labor and delivery support (including miscarriage, stillbirth, and abortion support), and two extended postpartum visits with their doula.

## How can I get more details?

Anthem's doula program started January 1, 2023 as a preventive health benefit for members with Medi-Cal. To learn more, please call the Customer Care Center at **800-407-4627 (TTY 711)** or **888-285-7801 (TTY 711)** for members in Los Angeles, Monday through Friday from 7 a.m. to 7 p.m. Pacific time.

Doulas are part of Anthem's provider network. You may also locate a provider in your area in Find Care on Anthem's Sydney Health mobile app.

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Do you need help with your healthcare, talking with us, or reading what we send you? We provide our materials in other languages and formats, including braille, large print, and audio at no cost to you. Call us toll free at 800-407-4627 (TTY 711), or 888-285-7801 (TTY 711) for members in Los Angeles.

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Proporcionamos nuestros materiales en otros idiomas y formatos, incluyendo braille, letras grandes y audio sin costo para usted. Llámennos a la línea gratuita al 800-407-4627 (TTY 711), o 888-285-7801 (TTY 711) para miembros en Los Angeles.

您在醫療保健、向我們諮詢、或是閱讀我們寄給您的資料時有需要任何的幫助嗎？我們以其他語言和格式提供我們的資料，包括點字、大型字體印刷和音訊格式。您無需支付任何費用。歡迎撥打我們的免費電話 800-407-4627 (TTY 711) - Los Angeles 的會員或可致電 888-285-7801 (TTY 711)。

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## Are you pregnant?

Anthem's doula program can help support you

[anthem.com/ca/medi-cal](https://anthem.com/ca/medi-cal)

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## What is a doula?

A doula is a nonclinical professional who provides physical, emotional, and informational support to mothers before, during, and after childbirth. A doula is also known as a birth companion, birth coach, or post-birth supporter.

### What does a doula do?

A doula can help you along the pregnancy journey — during the prenatal period, delivery, and the postpartum period — at **no cost to you.**

#### Support:



During the prenatal period of your pregnancy, a doula can help you come up with a birth plan, point you to childbirth classes, teach you about the birth experience, and go with you to your doctor visits.

#### Labor and birth:



During labor and birth, a doula can help guide you with methods such as breathing, relaxation, movement, positioning, and comforting touch. A doula will work with you and your care team. This also includes support during a stillbirth, abortion, or miscarriage.

#### Post baby:



After you have your baby, a doula can help you understand your baby's motions and sounds, suggest ways to soothe your child, and support your choice of feeding methods. A doula can also help you with taking care of your body and getting to your postpartum visits.

### What are the benefits of using a doula in childbirth?

Some of the many benefits of working with a doula include\*

Shorter labors.

Less need for epidurals and pain medications.

Less use of forceps or vacuum.

Fewer cesarean sections.

More success with breastfeeding.

More time to bond with your baby.

An easier transition into parenthood.

Lower healthcare costs.

Better communication between pregnant people and their healthcare providers and improved patient satisfaction.

Less anxiety and depression for pregnant people.

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