



Do You Need Doula Support?

Doula services are here for L.A. Care Medi-Cal members!

Health in Motion™

What is a Doula?

A doula is a birth worker who provides support before, during and after childbirth. Doulas can provide:

- Birth planning
- Mental health support
- Breastfeeding help
- Education
- Health navigation
- Links to local resources

What are the benefits of doula services?

Doula services may:

- Lower the risk of problems during pregnancy
- Lower risk of a C-section
- Lower the need for medicine during birth
- Improve mental well-being
- Improve health results for parents and babies

Who can get services?

L.A. Care Medi-Cal members can get doula services if:

- Living in Los Angeles County
- AND
- Pregnant or pregnant within the past 12 months.

What is included?

The first 90 minute visit

At this visit the doula will answer questions and talk about a birth plan.

Up to 8 more visits

- These visits can be pre-birth and after birth.
- The doula can be there at the time of labor/birth to offer support.
- Pregnancy that ends in a stillbirth, abortion, or miscarriage is covered.

Up to 2 additional after birth visits

- Talk with the doula about breast-feeding, mental health, sleeping patterns or any other concerns.
- Visits can last up to 3 hours.



Want more info? Please call **1.888.839.9909** (TTY **711**) 24 hours a day, 7 days a week, including holidays or visit **lacare.org/pregnancy** for more info.

L.A. Care complies with all applicable state and federal civil rights laws and does not unlawfully discriminate, exclude people, or treat them differently because of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation.

ATTENTION: If you need help in your language call **1.888.839.9909** (TTY: **711**). Aids and services for people with disabilities, like documents in braille and large print, are also available. Call **1.888.839.9909** (TTY: **711**). These services are free of charge.