



## What is a doula?

A certified doula is a person who has taken a training program and passed an exam on how to help pregnant women and their families. Doulas provide physical and emotional support during pregnancy and childbirth. Doulas are not medical professionals. They don't deliver babies or provide medical care.

AmeriHealth Caritas Louisiana is excited to announce a new benefit available to you. By **January 1, 2023**, we will be offering doula services for certain pregnant members. Please call our Bright Start® department if you require help finding a doula or if you would like additional information at **1-888-913-0327**.

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Sources: Judith Hurley, "What Is a Doula?" *Grow by WebMD*, <https://www.webmd.com/baby/what-is-a-doula>

Yvonne Butler Tobah, "What are the benefits of having a doula?" Mayo Clinic, February 3, 2021, <https://www.mayoclinic.org/healthy-lifestyle/labor-and-delivery/expert-answers/doula/faq-20057910>

### Benefits of doulas:

- Offer reassurance, comfort, and encouragement
- Assist with breastfeeding
- Provide guidance and support for loved ones

### Women who have a doula are:

- Less likely to require a C-section
- Less likely to need Pitocin
- Less likely to use any pain medication
- More likely to have shorter labors

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You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services 24 hours a day, seven days a week, at **1-888-756-0004 (TTY 1-866-428-7588)**.

Usted puede tener esta información en otros idiomas y formatos sin costo alguno para usted. También puede recibir la interpretación por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004** las 24 horas del día, los siete días de la semana. Para TTY, llame al **1-866-428-7588**.

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể yêu cầu thông dịch thông tin này ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi ban Dịch vụ Hội viên phục vụ 24 giờ/ngày, 7 ngày/tuần theo số **1-888-756-0004**. Đối với người sử dụng TTY, xin gọi số **1-866-428-7588**.

