



Doula care and coverage

Get extra support during and after pregnancy and birth

A doula can make the experience better for you and your baby

At Kaiser Permanente, you're welcome to have a doula on your support team. A doula can help you prepare for birth, cope with labor pain, and recover after pregnancy.

What is a doula?

A doula is a trained, nonmedical professional. They provide companionship and give physical, emotional, and informational support during pregnancy, birth, and postpartum recovery. Doulas can help you make informed decisions and offer consistent care throughout your pregnancy journey, including in cases of pregnancy loss or abortion.

How a doula can support you

Doulas can help you understand your care options and decide on your preferences. They can also help you create a birth preferences plan, which you'll review with your care team.

Doulas help create a calming, supportive environment to help labor progress. People who give birth with doulas tend to have shorter labors and fewer cesarean deliveries, and they're less likely to ask for pain-relief medicine.¹

Doula services

We cover doula care for pregnancy, labor, and postpartum, as well as pregnancy loss or abortion, at no extra cost for California members on specific plans.²

Coverage includes:

- 11 visits per pregnancy, in any combination of prenatal and postpartum visits, for up to 12 months after pregnancy
- Support during labor and birth
- Support for pregnancies that end in stillbirth, miscarriage, or abortion

(continues on back)

Types of doula support

Doulas can offer various types of support, including:

- **Preparation** – Providing information on birth options and procedures, so you can make informed choices about your care
- **Birth preferences** – Helping you develop a plan you'll share with your care team that expresses your wishes and goals for your birth experience, including pain management and newborn feeding
- **Labor coaching** – Offering nonmedical techniques to help you relax, cope with pain, and progress through labor

How to find and choose a doula

To find a doula, visit kp.org/doulacare.

Before choosing a doula, make sure they work near your home and the hospital where you plan to deliver. They should also be available on your estimated due date.

1. *State Strategies for Preventing Pregnancy-Related Deaths: A Guide for Moving Maternal Mortality Review Committee Data to Action*, Centers for Disease Control and Prevention, May 2022. 2. Included plans: Kaiser Permanente members who have California commercial plan benefits, including ACA-compliant grandfathered plans, KPIF, WARCO and FEHBP/PSHB Medicare health plans, and D-SNP plans at no extra cost. Certain Kaiser Permanente Insurance Company tiers may have a cost share based on existing plan benefits.