

# Understanding Doula Services

Partnership's doula services offer essential support for individuals during pregnancy, childbirth, and postpartum. A doula is a trained professional who provides emotional, physical, and informational support, helping parents navigate the birthing process. This support extends to those who have experienced a miscarriage, a stillbirth, or an abortion.

Doulas focus on person-centered, culturally competent care, ensuring they cater to the diverse needs of members, respecting their racial, ethnic, linguistic, and cultural backgrounds. By adhering to evidence-based best practices, doulas aim to improve health outcomes and prevent perinatal complications for both birthing parents and infants.

Services provided by doulas include health education, advocacy for families during the birthing process, lactation support, birth plan development, and linking parents to community resources. Doulas are not licensed clinical professionals and do not require supervision.

Doula services are available at no cost to members and can be provided online or in person. These services are available to currently pregnant individuals or those who have been pregnant within the last year. Providers can recommend doula services for members; however, a provider referral is not required – anyone can seek a doula's help.

Doulas offer invaluable support in ensuring a positive, informed, and empowering experience during one of life's most significant moments. Members can search for a doula online using the Partnership Provider Directory. Members can also call the Population Health Department at **(855) 798-8764**, from 8 a.m. to 5 p.m. Monday- Friday for more information.