



## Get doula support *for your birth journey*

As a Moda Health medical plan member, you have access to birth doulas for prenatal, labor, and postpartum support.

### What's covered?

Moda Health covers birth doula services for members enrolled in medical benefits. With this benefit, doulas will be covered at the in-network benefit level up to an annual maximum of \$3,760.\*

### What's a doula?

A doula provides non-medical support for parents throughout pregnancy, childbirth, and postpartum. They offer emotional, physical, and educational help to make your birth experience safe, empowering, and more memorable. Prenatal visits may include:

- Discussing birth preferences
- Learning labor positions
- Support with newborn care
- Practicing coping techniques

During labor, a doula can offer comfort through breathing, position changes, and emotional support. Postpartum, they assist with newborn care, feeding guidance, recovery, and light household tasks.

\* Standard member cost share applies.

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## Why choose a doula?

While childbirth is a very natural process, it is not without risk. Whatever your age, location, experience or support system, there are many advantages of using a doula. Their support can help reduce the need for medical interventions, shorten labor time, and improve communication with your medical team — promoting positive outcomes for you and your baby.

## Choosing the *right* doula for you

To help with your search, you can find eligible doulas online at [traditionalhealthworkerregistry.oregon.gov/Search](https://traditionalhealthworkerregistry.oregon.gov/Search). Choose “Birth Doula” under Certification Type drop-down.

## Questions? *We're here to help.*

For questions, call the customer service number listed on the back of your member ID card.

Here are some tips to help you select a doula:

- 1 List your needs and priorities for pregnancy and birth
- 2 Set up interviews and ask about availability, handling provider conflicts, and support style
- 3 Afterward, reflect:
  - Do you feel heard and supported?
  - Do they understand and respect your priorities?
  - Are they someone you'd trust throughout your journey?

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