



Am I eligible for the doula program?

If you are currently pregnant or just had your baby and are enrolled in a CHA plan, you are eligible to receive doula services.

How can I get more details?

Please call CHA Member Services at **844-406-2398 (TTY 711)** Monday through Friday from 8 a.m. to 7 p.m. Eastern time to learn more about our doula program.

Clear Health Alliance follows Federal civil rights laws. We don't discriminate against people because of their:

- Race
- Color
- National origin
- Age
- Disability
- Sex or gender identity

Do you need help with your healthcare, talking with us, or reading what we send you? Call us toll free at 844-406-2398 (TTY 711) to get this for free in other languages or formats.

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Llámenos a la línea gratuita al 844-406-2398 (TTY 711) para recibir esto gratuitamente en otros idiomas o formatos.

Èske ou bezwen èd ak swen sante ou, èd pou pale ak nou, oswa pou li sa nou voye ba ou? Rele nou gratis nan 844-406-2398 (TTY 711) pou w jwenn sa gratis nan lòt lang oswa nan lòt fòm.

Quý vị cần trợ giúp về chăm sóc sức khỏe, trò chuyện với chúng tôi, hoặc đọc những gì chúng tôi gửi cho quý vị? Gọi cho chúng tôi theo số miễn phí 844-406-2398 (TTY 711) để nhận miễn phí thông tin này bằng các ngôn ngữ hoặc định dạng khác.



Are you pregnant?

The Clear Health Alliance doula program can help support you

clearhealthalliance.com/member



What is a doula?

A doula is a non-clinical professional who provides physical, emotional, and informational support to mothers before, during, and after childbirth. A doula is also known as a birth companion, birth coach, or post-birth supporter.

What does a doula do?

A doula can help you along the pregnancy journey — while you are pregnant, during the delivery, and after you have your baby — at no cost to you.

Support

During your pregnancy, a doula can help you come up with a birth plan, point you to childbirth classes, teach you about the birth experience, and go with you to your doctor visits, if it's OK with your doctor.



Labor and birth

During labor and birth, a doula can help guide you with methods such as breathing, relaxation, movement, positioning, and comforting touch. A doula will work with both you and your doctor.



Post baby

After you have your baby, a doula can help you understand your baby's motions and sounds, suggest ways to soothe your child, and support your choice of feeding methods. A doula can also help you with taking care of your body and getting to your postpartum visits.



What are the benefits of using a doula in childbirth?

Some of the many benefits of working with a doula include:*

Shorter labors

Less need for epidurals and pain medications

Less use of forceps or vacuum

Fewer cesareans

More time to bond with your baby

An easier transition into parenthood

* March of Dimes Position Statement, Doulas and Birth Outcomes, January 2019.