



Birthworkers of Color Collective

# MEDI-CAL DOULA

The California Department of Health Care Services (DHCS) has added doula services to the list of preventive services covered under the Medi-Cal program. Doula services include personal support to birthing persons and families throughout pregnancy, childbirth, and postpartum experience.

## What is a doula?

A doula is trained to provide emotional, educational, and physical support to the birthing person during pregnancy, labor, birth, and the postpartum period.

## Benefits of a Doula

Research shows doulas can promote better health outcomes like less cesarean sections, less use of pain medications, increased breastfeeding, less negative birth experiences

## What is Covered?

- Prenatal Support Visits
- Postpartum Support Visits
- Labor/Birth Support

Doulas can also support clients through abortion, miscarriage, and loss



## HOW TO GET A DOULA

**Request doula support from Birthworkers of Color Collective**

Fill out this form with your contact and insurance details.

**[birthworkersofcolor.com/medi-cal](https://birthworkersofcolor.com/medi-cal)**

