

# Doulas: Extra Support for Pregnancy and Birth

A **doula** is a trained support person who helps you before, during, and after birth. They *do not* replace your doctor, midwife, or labor nurse, and *do not* take the place of your family or support person. Doulas are there to advocate for you while working alongside your care team.

## How Can a Doula Help Me?

### Doulas can:

- Help understand what to expect before, during, and after birth
- Assist in developing a birth plan
- Provide comfort & coping skills to help you feel calm and confident
- Offer encouragement & communicate your wishes to your care team
- Connect you with community resources
- Provide breastfeeding support
- Support with bonding and recovery after birth

## Why Using a Doula Can Be Helpful

### Research shows that people who use doulas may:

- Feel more confident throughout pregnancy & birth
- Have fewer stressful or "scary" experiences
- Feel more satisfied with their birthing experience
- Get extra support with breastfeeding and recovery

### Doulas are especially helpful when:

- It's your first pregnancy
- You've previously had a difficult pregnancy or birth
- You want extra support throughout your pregnancy and birthing experience



## Are Doula Services Covered?

Home State Health (HSH) & Show Me Healthy Kids (SMHK) offer doula services for eligible members. This means you may be able to get doula support at no cost to you.

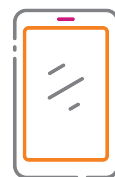
### Coverage may include:

- Visits during pregnancy
- Support during labor & birth
- Visits after your baby is born

## How Do I Get Doula Services?

### If you are pregnant and interested in using a doula:

- Talk with your doctor if you have any questions
- Scan the QR code below or go to [HomeStateHealth.com](https://www.HomeStateHealth.com) to find an in-network doula
  - Enter your zip code
  - Select "Medical Professional"
  - Select "Medical Specialist"
  - Select "Doula" in the search box



## You Deserve Support

You don't have to navigate pregnancy and birth alone. A doula supports you, your choices, and your voice—because extra care can make a real difference for you and your baby.

Your care team wants to support you throughout your pregnancy. If you have questions or need help, reach out to your Care Manager.

**HSH: 1-855-694-4663**

**SMHK: 1-877-236-1020**

**TTY: 711**