

## Doula Services

### What is a doula?

Doulas are birth workers who provide health education, advocacy, physical, emotional and non-medical support for pregnant and postpartum persons before, during and after childbirth (perinatal) including support during miscarriage, stillbirth and abortion. Doulas can provide:

- Birth Planning
- Mental Health Support
- Breast Feeding Help
- Education
- Health Navigation
- Links to Local Resources

Doulas are not licensed, or clinical providers and they do not require supervision. Doulas do not provide diagnosis of medical conditions, provision of medical advice, or any type of clinical assessment, exam or procedure.

As a VCHCP Member, you can get doula services if you are a VCHCP member, are pregnant and services are received by one of VCHCP's contracted doulas. Your PCP can directly refer you to a contracted doula.

### Services Covered Include:

A recommendation from your doctor authorizes the following doula services:

- One (1) initial visit
- Up to eight (8) additional visits that may be provided in any combination of prenatal and postpartum visits
- Up to two (2) extended three-hour postpartum visits after the end of the pregnancy

If additional postpartum visits are needed, the Plan allows up to nine (9) additional postpartum visits through a recommendation noted in the member's medical record by the recommending licensed provider or submitted in a written format (as requested by the member), signed by the licensed provider and given to the doula. Prior authorization is not needed. The doula is not required to submit the recommendation to the Plan.

### Non-Covered Services:

The following services are not covered as doula services:

- Belly binding (traditional/ceremonial)
- Birthing ceremonies (i.e., seating, closing the bones, etc.)
- Group classes on babywearing
- Massage (maternal or infant)
- Still and Video Photography
- Placenta encapsulation
- Shopping
- Vaginal steams
- Yoga

### VCHCP's list of contracted doulas:

Briana Castellanos  
Bravely Birth Services  
805-914-4389  
Email: [bravelybirthservices@gmail.com](mailto:bravelybirthservices@gmail.com)  
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