

Doctors, Midwives, and Doulas: Finding the Right Care Team for Your Pregnancy



Do you think you might be pregnant? Choose your care team early to help you navigate your pregnancy and birthing journey. Medi-Cal pays for medical professionals (like doctors and midwives), doulas, and other care providers to help with your needs.

Who They Are:

What They Do:



DOCTORS, like OB-GYNS and some Family Doctors

Medical professionals who help with every part of pregnancy, including prenatal checkups, childbirth, and postpartum care.

- » Specialize in maternal health, providing checkups, tests, and prescriptions
- » Monitor high-risk pregnancies
- » Usually deliver babies in hospitals
- » Can perform surgeries (like C-sections)



MIDWIVES

Specially trained health professionals who care for people with healthy, low-risk pregnancies—including prenatal checkups, childbirth, and postpartum care. Some midwives are also nurses.

- » Provide prenatal checkups, advice, and emotional support
- » Support personalized approaches to pregnancy and childbirth
- » Can deliver babies in hospitals, birth centers, or at home
- » Do not perform surgeries (like C-sections)



DOULAS

Birth workers who help with physical, emotional, and non-medical support before, during, and after birth. They do not provide medical treatment or deliver babies.

- » Teach you about pregnancy, childbirth, and caring for a newborn
- » Empower you and help you speak up for what you want during pregnancy and childbirth
- » Provide breathing, relaxation, and other support during childbirth

Ready to support a healthy pregnancy and start your baby's journey off strong?

Scan the QR code or visit <https://www.dhcs.ca.gov/services/Pages/Maternal-Perinatal.aspx> to learn more about picking the right care team for you and your family.

