

TYPE OF SERVICE	PROGRAM COVERAGE**	PRIOR AUTHORIZATION OR OTHER REQUIREMENTS*
<p>13c Doula Preventive Services</p>	<p>Doula services are provided for individuals during and following pregnancy, including childbirth and the postpartum period, to prevent perinatal complications and/or promote the physical and mental health of the beneficiary. Doulas support the pregnant individual throughout the perinatal period with the goal of improving outcomes for birthing parents and infants. Doulas offer perinatal and labor support and guidance; health navigation; evidence-based education, including development of a birth plan; and linkages to community-based resources.</p>	<p>Doula services are provided as preventive services pursuant to 42 CFR Section 440.130(c) and must be recommended by a physician or other licensed practitioner of the healing arts within their scope of practice under state law.</p> <p>Prior authorization is required for more than nine visits during the perinatal period.</p> <p>All doulas must be at least 18 years old, possess an adult/infant CPR certification, and completion of basic HIPAA training.</p> <p>In addition, a doula must meet either of the following qualifications:</p> <ul style="list-style-type: none"> • Complete a minimum of 16 hours of training in the following areas: <ul style="list-style-type: none"> ○ Perinatal support ○ Labor support ○ Basic breastfeeding ○ Basic childbirth education ○ Foundations on anatomy of pregnancy and childbirth ○ Hands-on support with clients ○ Developing a resource list for community/clients ○ Supplemental training in trauma-informed care, familiarity with maternal mental health conditions, cultural sensitivity or competency or implicit bias or anti-racism and social

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		<p>determinants of health for birthing populations</p> <ul style="list-style-type: none"> • <u>Or</u> all of the following: <ul style="list-style-type: none"> ○ At least 7 years of doula experience in either a paid or volunteer capacity ○ Attestation to skills in prenatal, labor, and postpartum care as demonstrated by the following: <ul style="list-style-type: none"> ▪ 3 written client testimonials ▪ 3 professional letters of recommendation from any of the following: a physician, pediatrician, licensed behavioral health provider, nurse practitioner, nurse midwife, licensed midwife, or community-based organization. One professional letter may be from an enrolled doula. <p>Doulas must complete three hours of continuing education in maternal, perinatal, and infant care every three years.</p> <p>Note: DHCS will continue to work with the workgroup to explore birth doula care that could be provided by a family member who meets certain qualifications.</p>

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