

TYPE OF SERVICE	PROGRAM COVERAGE**	PRIOR AUTHORIZATION OR OTHER REQUIREMENTS*
13c Doula Preventive Services	<p>Doula services encompass the health education; advocacy; and physical, emotional, and nonmedical support provided before, during, and after childbirth or end of a pregnancy, including throughout the postpartum period. Doula services are aimed at preventing perinatal complications and improving health outcomes for birthing parents and infants. Doulas offer various types of support, including 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>An additional recommendation from a physician or other licensed practitioner of the healing arts is required for more than nine visits during the perinatal period, excluding labor and delivery.</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 qualification pathways:</p> <p>Training Pathway:</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"> ○ Lactation support ○ Childbirth education ○ Foundations on anatomy of pregnancy and childbirth ○ Nonmedical comfort measures, prenatal support, and labor support techniques ○ Developing a community resource list • Provide support at a minimum of three births

* Prior authorization is not required for emergency services.

**Coverage is limited to medically necessary services.

TYPE OF SERVICE	PROGRAM COVERAGE**	PRIOR AUTHORIZATION OR OTHER REQUIREMENTS*
-----------------	--------------------	--

Experience Pathway:

- Or all of the following:
 - At least 5 years of active doula experience in either a paid or volunteer capacity.
 - Attestation to skills in prenatal, labor, and postpartum care as demonstrated by the following:
 - 3 written client testimonial letters or professional letters of recommendation from any of the following: a physician, licensed behavioral health provider, nurse practitioner, nurse midwife, licensed midwife, enrolled doula, or community-based organization. Letters must be written within the last seven years. One letter must be from either a licensed provider, a community-based organization, or an enrolled doula.

Doulas must complete three hours of continuing education in maternal, perinatal, and/or infant care every three years.

* Prior authorization is not required for emergency services.

**Coverage is limited to medically necessary services.