

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.</p> <p>Doulas offer various types of support, including perinatal, <del>and</del> labor, <u>and miscarriage support</u> and guidance; health navigation; evidence-based education, <del>including for prenatal, postpartum, childbirth, and newborn/infant care;</del> <u>lactation support</u>; 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 <del>nine</del> <u>11</u> visits during the perinatal period, excluding labor and delivery <u>and miscarriage support</u>. <u>Prior authorization is required for support services for more than one labor and delivery per year and support services for more than two miscarriages per year.</u></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"> <li>• Complete a minimum of 16 hours of training in the following areas: <ul style="list-style-type: none"> <li>○ Lactation support</li> <li>○ Childbirth education</li> <li>○ Foundations on anatomy of pregnancy and childbirth</li> <li>○ Nonmedical comfort measures, prenatal support, and labor support techniques</li> </ul> </li> </ul>

\* Prior authorization is not required for emergency services.

\*\*Coverage is limited to medically necessary services.

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		<ul style="list-style-type: none"> <li>○ Developing a community resource list</li> <li>● Provide support at a minimum of three births</li> </ul> <p>Experience Pathway:</p> <ul style="list-style-type: none"> <li>● <u>Or</u> all of the following:                             <ul style="list-style-type: none"> <li>○ At least 5 years of active doula experience in either a paid or volunteer capacity.</li> <li>○ Attestation to skills in prenatal, labor, and postpartum care as demonstrated by the following:                                     <ul style="list-style-type: none"> <li>▪ 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.</li> </ul> </li> </ul> </li> </ul> <p>Doulas must complete three hours of continuing education in maternal, perinatal, and/or infant care every three years.</p>

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