

# Doula Services as Defined by Medi-Cal



## Doula

Birth workers who provide health education, advocacy, and physical, emotional and non-medical support for pregnant and postpartum persons before, during and after childbirth (perinatal period) including support during miscarriage, stillbirth and abortion. Doulas are not licensed or clinical providers, and they do not require supervision.

## Doula Services

Doula services encompass health education, advocacy, and physical, emotional and non-medical support provided before, during and after childbirth or end of a pregnancy, including throughout the postpartum period.

## Evidence-based

A process whereby decisions are made and actions or activities are understood using the best evidence available with the goal of removing subjective opinion, unfounded beliefs or bias from decisions and actions. Evidence can include practitioner experience and expertise as well as feedback from other practitioners and beneficiaries.

## Full-spectrum Doula Care

Prenatal and postpartum doula care, presence during labor and delivery and doula support for miscarriage, stillbirth, and abortion. Doula care includes physical, emotional and other nonmedical care.

## Postpartum Period

Doulas may provide services for up to 12 months from the end of pregnancy. Beneficiaries are eligible to receive full-scope Medi-Cal coverage for at least 12 months after pregnancy.

[bit.ly/CommunityDoulaChampions](https://bit.ly/CommunityDoulaChampions)

