

# How to lower your chance of having a C-section

One-third of babies born in the US are delivered by C-section. Many of these C-sections are medically necessary to protect the life of the mother and baby. But many C-sections can be avoided.

## What can you do to lower your chances?

- **Use your voice.** Talk to your doctor or nurse-midwife. Let them know that you only want a C-section if it is absolutely needed. Then work together to lower your chances.
- **Consider hiring a doula.** A doula is a trained person that can give you support before, during, and after giving birth. Having steady support from someone has been shown to help women have better birth outcomes. Molina covers doula support.
- **Talk with your doctor** at what point in labor you should go to the hospital.
- **Consider signing up for a community birthing class** at the hospital where you are going to deliver.

## Create your birth care team

- Ask your doctor or nurse-midwife about their approach to labor and delivery and how you can avoid a C-section.
- Consider getting the support of a doula. Call our **Motherhood Matters Program** at **(866) 891-2320** or email us at **MHCDoulaSupport@MolinaHealthcare.com**.



**Do you have questions? Call our 24-hour Nurse Advice Line. We are here to help you.**

**English: (888) 275-8750 | Spanish: (866) 648-3537 | TTY/TDD: 711**

To get this information in other languages and accessible formats, please call Member Services. This number is on the back of our Member ID card.

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