

# Are you pregnant or just had a baby?

Did you know that you could have a Doula?\*

**Molina Healthcare covers Doula services for our pregnant members.**

## What is a Doula?

A Doula is a non-medical person, trained to give steady support before, during and after a baby is born.

Doulas help you make informed decisions about your pregnancy and your baby to promote a better birth experience.

## What services can I expect?

A doula can provide:

- childbirth education
- lactation and breastfeeding support
- help access care and resources.

\*Doulas can also provide support during abortion, miscarriage, and stillbirth.

## How can I get a doula?

Call our Healthy Beginnings Pregnancy Program at **(866) 891-2320** or email us at [MHCDoulaSupport@MolinaHealthcare.com](mailto:MHCDoulaSupport@MolinaHealthcare.com)



To get this information in other languages and accessible formats, please call Member Services. The number is on your Molina ID card.

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