

Support every step of your pregnancy journey



Access doula support before pregnancy, during childbirth and after your baby is born.

Pregnancy journey timeline



Before baby arrives

Prenatal support

- Prenatal visits
- Education and counseling
- Depression screening and referrals when needed



During labor & delivery

Birth support

- Continuous emotional support
- Comfort and positioning assistance
- Guidance through labor stages



After baby arrives

Postpartum support

- Emotional support
- Healing after vaginal or cesarean birth
- Breastfeeding support
- Newborn care, bonding and developmental coaching

What is a doula?

A trained professional who provides emotional, physical and informational support before, during and after childbirth.

A doula:

- ✓ Helps reduce stress and build confidence
- ✓ Provides non-medical support throughout pregnancy and birth
- ✓ Supports parents during postpartum recovery
- ✓ Is not a licensed medical provider and does not provide medical care

Why consider a doula?

A doula can help you:

- ✓ Feel more supported throughout pregnancy and childbirth
- ✓ Reduce stress and anxiety
- ✓ Build confidence in your birth experience
- ✓ Access personalized guidance during recovery and newborn care



More than support. Better outcomes.

Research has linked doula support to positive birth outcomes, including:

- ✓ 28% fewer C-sections
- ✓ 9% lower pain medication use
- ✓ Lower NICU admission rates¹

Available to eligible UnitedHealthcare Individual & Family ACA Marketplace plan members in Illinois, Louisiana, Massachusetts, Maryland, and Washington.

Learn more

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¹Knocke, K., Chappel, A., Sugar, S., Lew, N. D., & Sommers, B. D. (2022). Doula care and maternal health: An evidence review. Department of Health and Human Services, Office of Health Policy. The benefits described may not be offered on all plans or in all states. Some plans may require copayments, deductibles and/or coinsurance for these benefits. The policy has exclusions, limitations, reduction of benefits, and terms under which the policy may be continued in force or discontinued. For costs and complete details of the coverage, review the plan coverage documents, or call or write your insurance agent/broker or the company, whichever is applicable. By responding to this offer or communication, you agree that a representative may contact you.

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