

Birth doulas and Apple Health (Medicaid)

Frequently asked questions

What is a birth doula?

Birth doulas are trained nonmedical professionals who provide physical, emotional, and informational support to pregnant people and their families before, during, and after pregnancy.

What are the benefits of using a birth doula?

Birth doula services help improve outcomes for healthy pregnancy, birth, postpartum recovery, and infant health such as:

- Reducing the chance of an unnecessary C-section and preterm birth.
- Reducing your stress.
- Enhancing support for breast and chest-feeding.
- Improving your mental health.

When should I work with a birth doula?

Apple Health will cover birth doula services during your:

- Pregnancy.
- Labor and delivery in settings such as hospitals, freestanding birth centers, and home births.
- Up to 12 months after the end of pregnancy.
- Birth doula services are available no matter how your pregnancy ends, including miscarriage, stillbirth, and abortion.

What birth doula services does Apple Health cover?

Apple Health covers the following birth doula services:

- One 2-hour prenatal intake visit.
- Continuous labor and delivery support.
- One postpartum visit.
- 18.5 additional hours of doula services during pregnancy and/or the 12-month period after the pregnancy ends.

What birth doula services are not covered by Apple Health?

Birth doulas may offer certain services that are not covered by Apple Health including housekeeping or childcare. Talk to your birth doula about your coverage options before receiving services. You can also contact your Apple Health managed care plan to learn about value-added benefits that can offer extra support before, during, and after your pregnancy.

When can I start seeing a birth doula?

You can start seeing a birth doula at any point during your pregnancy or labor and delivery. After your pregnancy ends, you can start seeing a birth doula even if you did not use a birth doula while pregnant.

Can I receive Apple Health birth doula services from any doula I choose?

No. Birth doulas must be enrolled with the Health Care Authority (HCA) for their services to be covered by Apple Health. Ask your birth doula if they accept Apple Health coverage before receiving services.

How do I find a birth doula who can provide Apple Health services?

- Contact your [Apple Health managed care plan](#).
- Search for an Apple Health birth doula on the [Find a Provider search tool](#).