

# Are you having a baby?

## Think about using the support of 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 helpful and caring support to pregnant women. They give steady support before, during, and after birth. Doulas help pregnant women in their right to make choices about their own body and baby. This type of support has been shown to have better birth results for both the mom and baby.

### Should I use the support of a Doula?

Having the support of a Doula has been shown to lower the chance of having a C-section, using pain meds, and having a better birthing experience.

If you would like the support of a Doula, call our Motherhood Matters Program at (866) 891-2320.

### Do you have questions? Call our 24-hour Nurse Advice Line.

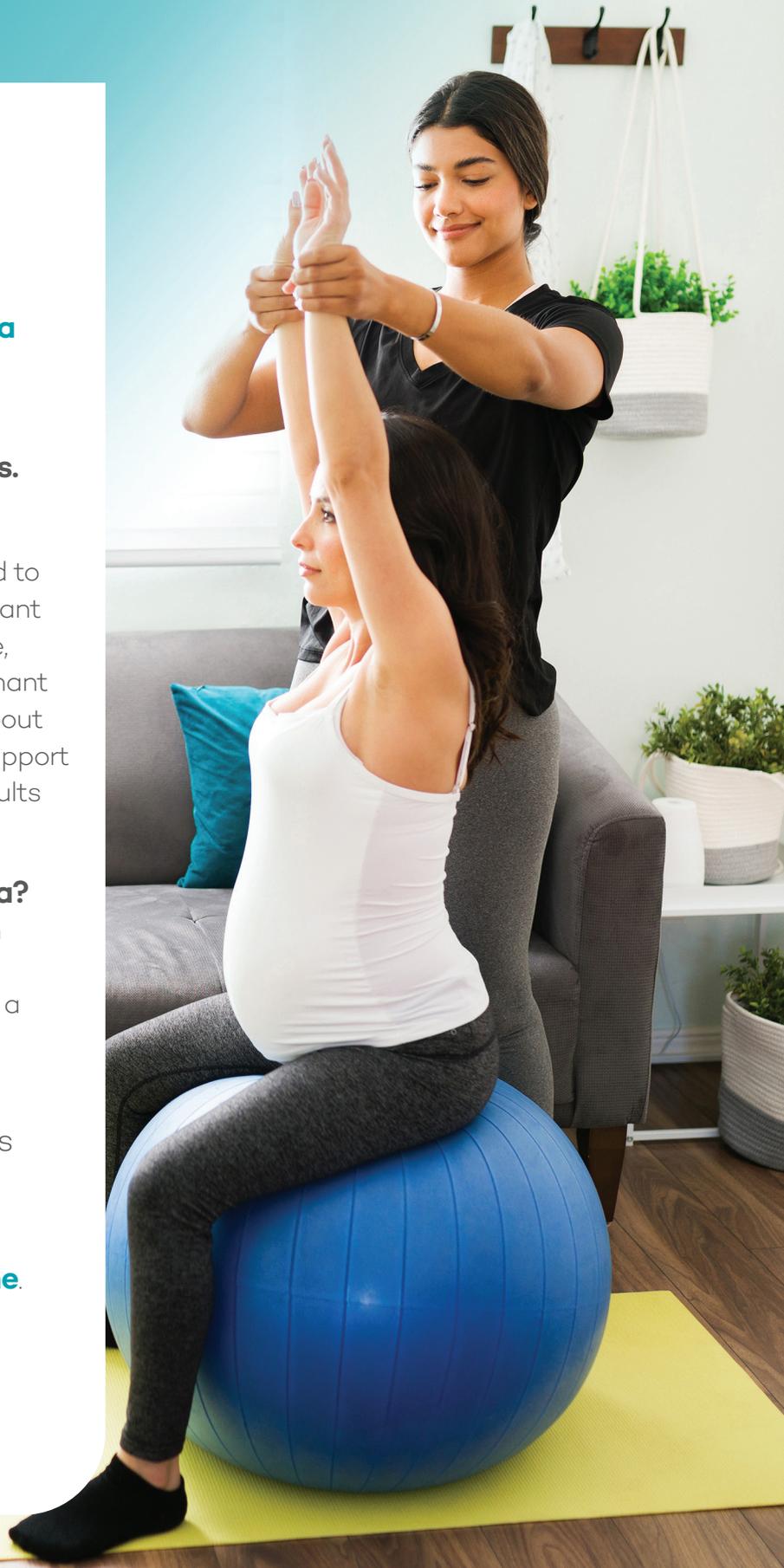


We are here to help you.

**English:** (888) 275-8750

**Espanol:** (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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