

# What is a Doula?



**DOULAS ARE AN ESSENTIAL MEMBER OF YOUR BIRTH TEAM, BUT THEY DON'T REPLACE THE MEDICAL CARE PROVIDER.**

## *Birth Doula*

- HELPS YOU WRITE A BIRTH PLAN
- ADVOCATES FOR YOU AND HELPS YOU NAVIGATE YOUR OPTIONS
- GIVES GENERAL INFORMATION ABOUT LABOR OPTIONS
- PROVIDES EMOTIONAL SUPPORT DURING BIRTH
- CAN PROVIDE MASSAGE AND OTHER COMFORT MEASURES
- PHYSICALLY SUPPORTS YOU DURING YOUR LABOR AND BIRTH
- PROVIDES BREASTFEEDING SUPPORT RIGHT AFTER YOUR BABY IS BORN

## *Doctor or Midwife*

- PROVIDES PRENATAL MEDICAL CARE
- DIAGNOSES AND TREATS MEDICAL CONDITIONS
- PROVIDES PERSONALIZED MEDICAL ADVICE
- PROVIDES MEDICAL SUPPORT DURING BIRTH
- CAN ADMINISTER MEDICATIONS AND TREATMENTS
- CATCHES/DELIVERS YOUR BABY
- MONITORS YOU AND YOUR BABY'S VITAL SIGNS FOLLOWING BIRTH

**How have other states implemented doula reimbursement? Scan the QR for more information.**

