IEHP, in collaboration with Riverside Community Health Foundation, is launching the Start Well Doula Access Pilot Program in January 2020. Doulas are trained maternal support professionals who offer emotional, informational and psychosocial support to expectant mothers.

**The program will provide 150 IEHP Members with a Doula for the entirety of their pregnancy at no cost to them.** Doulas will provide three prenatal visits, support the Member through labor and birth, and provide three postpartum visits.

If you have any IEHP Members in your practice who would be interested in participating in the program, please have them self-refer through [connectie.org](http://connectie.org). (Members can use the search term "doula" and their zip code on the [connectie.org](http://connectie.org) landing page). A program flyer is also attached.

As a reminder, all communications sent by IEHP can also be found on our Provider Portal at: [www.iehp.org/en/providers/plan-updates](http://www.iehp.org/en/providers/plan-updates).

If you have any questions, please contact the Provider Relations Team at (909) 890-2054, or email [ProviderServices@iehp.org](mailto:ProviderServices@iehp.org).
Riverside Community Health Foundation, in Partnership with IEHP, will provide doula support before, during, and after birth for IEHP Members. Learn how doulas can make a difference for birthing families in the Inland Empire!

A doula supports the birth you want, helps with the unexpected, may help to shorten your labor, reduce fear, anxiety and SO MUCH MORE!

The Doula Access Program is available to pregnant IEHP Members with due dates after January 15, 2020!

Find out more at rchf.org/doulaaccess
951-788-3471 ext. 153

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¿ESTÁ USTED EMBARAZADA Y DARÁ A LUZ DESPUÉS DEL 15 DE ENERO?

¿Le gustaría apoyo físico y emocional durante su parto?

Una doula apoya el parto que desea, ayuda con lo inesperado, puede ayudar a acortar su trabajo de parto, reducir el miedo, la ansiedad y MUY MÁS!

¡El Doula Access Program está disponible para los Miembros de IEHP embarazadas con fecha de parto a partir del 15 de enero de 2020!

Aprenda más en rchf.org/doulaaccess
951-788-3471 ext. 153

Riverside Community Health Foundation, en colaboración con IEHP, brindará apoyo de doula antes, durante y después del nacimiento para los Miembros de IEHP. ¡Aprenda cómo las doulas pueden hacer la diferencia en las familias de bebés nacientes en el Inland Empire!