

Empower Your Birthing Experience With a Doula!

With IEHP, you can get a doula at **no cost**.



What is a doula?

A doula is a trained birth worker who can support you before, during and up to 12 months after birth. This includes care during miscarriage, stillbirth and abortion. Doulas help make sure you have the best experience possible, every step of the way.

How can a doula support you?

During Pregnancy

- Talk about how you are feeling to help reduce stress
- Come with you to your doctor visits
- Help you make a birth plan that reflects your goals

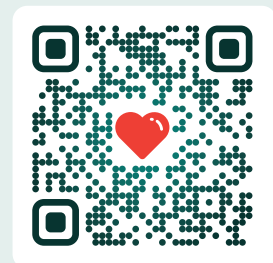
After Delivery

- Teach you about feeding and how to care for your baby
- Connect you with resources
- Support you at home with some tasks while you recover

During Labor and Birth

- Be with you to provide guidance and care
- Help you with breathing and comfort

Watch a short video
about an IEHP member
and her doula.





Services covered:

- One initial visit
- Eight more visits in any combination of prenatal and postpartum care
- Emotional and physical support during labor/birth
- Two extended postpartum visits
- Nine more postpartum visits that a provider recommends.



How can you get a doula?

Call IEHP Member Services at **1-800-440-IEHP (4347)**, Monday-Friday, 7am-7pm, and Saturday-Sunday, 8am-5pm. TTY users should call **1-800-718-4347**. Or email **doula@iehp.org**.

To learn more, visit **www.iehpmoms.org**

