

Doula services for Oregon Health Plan members

OHP covers doula services for pregnancy and delivery.

Having the support of a doula before, during and after your delivery can give you and your baby a better, healthier experience.

OHP will pay for a doula to support you in several ways. For example, a doula can attend some of your prenatal visits, if you choose. The doula can also be there with you during your labor and delivery.

A doula is:

- An expert in helping people through labor and childbirth
- Almost always a woman
- **Not** a doctor, nurse, or a midwife
- Someone whose only job is to support you emotionally. This helps your baby enter the world in a healthy, safe and positive way

A doula can:

- Help you understand what to expect during childbirth
- Teach you how to cope using touch, breathing and other techniques
- Come to some of your doctor or midwife visits
- Help you get care that respects you and your culture
- Give you personal, nonmedical support during labor and delivery

Women who use doulas:

- Choose how much help their doula gives during pregnancy and childbirth
- Feel free to ask their doctor or midwife any questions they may have
- May be less likely to go into labor early
- Have less stress during labor and delivery
- Are less likely to have a cesarean section or other complications
- Are less likely to use any pain medication
- Are likely to breastfeed their baby for a longer time

Learn more

Ask your doctor or health care provider about whether a doula can help you.

If you are in a coordinated care organization (CCO), your CCO can help you find a doula near you.