

Doula services

More personalized pregnancy care



Doula services are covered for employees

Kaiser Permanente is committed to supporting maternal health equity. To help ensure our members receive more personalized pregnancy care, most of our commercial plans in California cover doula services during and after pregnancy and birth.¹ We've also developed an organization-wide program to help members access doula services.

What is a doula?

A doula is a nonmedical, trained professional who supports people during pregnancy, labor, and postpartum. Doulas can be especially helpful for parents who have experienced barriers to navigating the health care system. People who give birth with doulas tend to have shorter labors and fewer cesarean deliveries, and they're less likely to ask for pain-relief medication.²

Doulas can:

- Explain medical terms to help members make informed decisions about their care
- Help pregnant people consider their wishes for their birth experience
- Provide nonmedical comfort such as breathing techniques
- Coach members through labor
- Help members recover at home

Who the benefit covers

Doula services are available without a referral to any member who is pregnant or has been pregnant within the last 12 months.

Member cost share

Covered doula services are \$0 for members with no cost sharing. Members won't need to pay up front, as doulas will submit claims to Kaiser Permanente for payment.

Pricing

This additional benefit is already included in 2025 renewals.

What doula services are covered?

Doula coverage includes:³

- 11 visits per pregnancy, in any combination of prenatal and postpartum visits, for up to 12 months after pregnancy
- Support during labor and birth
- Support for members whose pregnancies end in stillbirth, miscarriage, or abortion

1. Included plans: Kaiser Permanente members who have California commercial plan benefits, including ACA-compliant grandfathered plans, KPIF, Medicare WARCO, and Medicare FEHBP/PSHB plans at no extra cost; our doula coverage complies with California Senate Assembly Bill 904, which went into effect January 1, 2025. The bill requires health plans to develop a maternal and infant health equity program to address racial health disparities in maternal and infant health outcomes. **2.** *State Strategies for Preventing Pregnancy-Related Deaths: A Guide for Moving Maternal Mortality Review Committee Data to Action*, Centers for Disease Control and Prevention, May 2022. **3.** See your *Evidence of Coverage* for full benefit details.