



# Doula Support for Your Parenthood Journey

A caring doula provides steady support through all stages of pregnancy and birth—offering comfort, encouragement, and advocacy so you and your family can focus on welcoming your baby.

## WHAT IS A DOULA?

A doula is not a doctor or midwife, but rather a trained, nonmedical professional who provides emotional, physical, and informational support throughout pregnancy and birth. Their role is to focus on your comfort and well-being, offering steady, compassionate guidance at every stage.

## HOW DOULAS HELP

Doulas can:

- Guide you through the birth process and your care options
- Help you create and communicate your birth preferences
- Support you during labor with comfort measures like breathing, positioning, and relaxation techniques
- Assist with breastfeeding, newborn care, and recovery after birth
- Offer miscarriage and abortion support



visit • [mywha.org/doula](https://mywha.org/doula)

call • Member Services 888.563.2250



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## HAVE QUESTIONS?

Contact WHA Member Services at **888.563.2250** for questions on how to access doula services and receive reimbursement.

## GET VIRTUAL MATERNITY SUPPORT WITH MAVEN MATERNITY

WHA also offers members unlimited on-demand virtual doula support through Maven at no additional cost.\* Video chat or message with any of Maven's maternity coaches anytime, anywhere. Scan the QR code to visit our **Digital Resources** page and download the Maven Clinic app to start your journey.



*\*Check your plan benefits to see if Maven or Maven+ is offered to you.*

### WHAT IS MY DOULA COVERAGE?

Your WHA benefits allow you to obtain doula services with a provider of your choice and receive reimbursement up to \$1,500 per pregnancy.

### HOW DO I ACCESS THIS BENEFIT?

- 1. FIND A DOULA.** You can use any doula of your choice. You do not need a referral from your doctor.
- 2. PAY YOUR DOULA DIRECTLY.** You will need to pay your doula directly for covered services.\*
- 3. REQUEST REIMBURSEMENT.** Submit the online reimbursement form, receipt(s), and documentation via your MyWHA account at [mywha.org](https://mywha.org) (see "Request Reimbursement").

*\*Check your plan benefits for covered services and exclusions.*

