



You've got this

Support for your pregnancy journey

Your body is doing amazing things right now. It's exciting, but it can also be overwhelming. And for some Black moms, pregnancy can have added risks. It's important to have someone who listens to your concerns and can be your advocate. That's where a doula comes in. As a UnitedHealthcare Community Plan member, you can use doula services at no cost.



Your plan includes doula services. You just need a referral from a provider.

A doula can help you on your journey. Doulas offer care and guidance to moms, from pregnancy through delivery. They are there for physical and emotional support.

Your trained, licensed medical professional will still be your go-to for medical care. Your doula will be your advocate. Together, they will make sure you get the care you need and deserve.

Trust your instincts

Pregnancy-related problems can affect anyone. You know your body. If something doesn't feel right, speak up. Talk to your doula or licensed practitioner right away.



<Use your logo>



How can a doula help?

A doula can't do clinical tasks, but they can help you and your partner with your health care team. A doula might be able to help you before, during and after childbirth:

- Prenatal visits – A doula will talk to you about your questions, fears and concerns before your baby arrives. Together, you can start putting together a birth plan.
- Labor and delivery – A doula can use positioning, massage, emotional support and more to try and help you have an easier labor.
- Postpartum visits – As you and your family get used to caring for a newborn, a doula can help guide you. For example, they may offer breast-feeding tips.

Questions?

We're here to help.

Call 1-XXX-XXX-XXXX, TTY 711

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