

# Are you pregnant?

## New York's Doula Pilot can help.



### What is a Doula?

A doula, also known as a birth companion, birth coach or post-birth supporter, is trained to provide physical and emotional support to a mother before, during and after childbirth.

### What Does a Doula Do?

A doula can assist you in your pregnancy journey.

Before you give birth, a doula can help you design a labor plan, give you information on, or go to, birth classes with you, educate you about the birth experience, and go to doctor visits with you. You will have coverage for up to three prenatal visits at no cost.

During labor and delivery, a doula can help and guide you on comfort measures such as breathing, relaxation, movement, positioning and comforting touch. A doula will work with you and your doctor and there is no cost to you.

After you have your baby, a doula can help you understand your baby's motions and sounds, suggest ways to sooth your child, and support your choice of feeding method. You will have coverage for up to four postpartum visits at no cost.

### Am I Eligible for the Doula Pilot?

If you are enrolled in the Medicaid program and live in Erie county or certain zip codes in Kings\* (Brooklyn) county, you are eligible to receive Doula services.

### How Can I Find More Information?

Coverage starts March 1, 2019. To learn more, visit: [www.health.ny.gov/DoulaPilot](http://www.health.ny.gov/DoulaPilot).

\*The Doula Pilot program does NOT include the following zip codes in Kings county: 11207, 11208, 11212, 11216, 11221, 11233.



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