



## Doula services

*This communication applies to the Medicaid programs for Simply Healthcare Plans, Inc. (Simply) and Clear Health Alliance (CHA).*

In an effort to improve maternal and child outcomes, Simply and CHA are working with the National Doula Network\* to offer doula services to all of our Medicaid members throughout the state. Doula care is among the most promising approaches to combating disparities in maternal health.

Evidence also suggests that, in addition to regular nursing care, continuous one-to-one emotional support provided by support personnel, such as a doula, is associated with improved outcomes for women in labor. Benefits described in randomized trials include shortened labor, decreased need for analgesia, fewer operative deliveries, and fewer reports of dissatisfaction with the experience of labor (ACOG, 2019). Please be on the lookout for future OB Provider Doula Educational Trainings hosted by Simply and CHA.

In the meantime, to learn more about this member benefit and methods to successfully integrate doula services into your practice, please contact the Provider Relations department at **813-599-4391** or an OB practice consultant at **813-625-0279**.

If one of your patients would like to self-refer, they may contact Member Services at **844-406-2396**.

### Reference:

ACOG Committee Opinion No. 766 Summary: Approaches to Limit Intervention during Labor and Birth. (2019). Obstetrics and gynecology, 133(2), 406–408. <https://doi.org/10.1097/AOG.0000000000003081>

\*National Doula Network is an independent company providing maternal health on behalf of Simply Healthcare Plans, Inc. and Clear Health Alliance.

<https://provider.simplyhealthcareplans.com>

<https://provider.clearhealthalliance.com>

Simply Healthcare Plans, Inc. is a Managed Care Plan with a Florida Medicaid contract. Simply Healthcare Plans, Inc. dba Clear Health Alliance is a Managed Care Plan with a Florida Medicaid contract.

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