



Doula Services for Birthing Members

Alameda Alliance for Health offers Doula Services as a benefit to members who are pregnant, and up to 12 months postpartum. Doula Services are a new benefit. They enhance our capacity to reduce birth inequities by providing culturally supportive care. We continue to grow our doula network to provide this valuable resource to our birthing members.

Who are Doulas?

Doulas are birth workers who provide physical, emotional, and non-medical support for pregnant and postpartum persons before, during and after childbirth, including support during miscarriage, stillbirth, and abortion. Doulas offer culturally sensitive care tailored to the individual, embracing diversity while following evidence-based practices.

Benefits of Doula Services

Studies have shown that individuals who work with a doula during the perinatal period have better birth outcomes, are four times less likely to have a low-birth-weight baby, are two times less likely to experience a birth complication and are significantly more likely to initiate breastfeeding.²

Services offered by Doulas

The Alliance provides doula services to its members through a doula provider network. Services may be offered virtually or in person and may include health navigation, education, development and participation in the birth plan, linkage to community resources, and lactation support.

Frequency of Doula Services

Doula services include one initial visit, up to eight additional prenatal and postpartum visits, support during labor and delivery (including stillbirth, abortion, or miscarriage), up to two three-hour postpartum visits after the end of a pregnancy, and additional services with provider recommendation.

How do Alliance members connect with a doula?

- Calling the Alliance Member Services Department at **1.510.747.4567**, or
- Searching the Alliance Provider Directory <https://alamedaalliance.org/help/find-a-doctor/> and contact a doula directly.
- Providers do **not** need to submit a recommendation form for the initial 9 doula visits.

Questions? Please call the Alliance Provider Services Department
Monday – Friday, 8 am – 5 pm
Phone Number: **510.747.4510**
www.alamedaalliance.org



- A recommendation is required for members to receive up to 9 additional doula visits postpartum. [Click here for more information.](#)

References

1. <https://www.dhcs.ca.gov/formsandpubs/Documents/MMCDAPLsandPolicyLetters/APL2023/APL23-024.pdf>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3647727/>

Questions? Please call the Alliance Provider Services Department
Monday – Friday, 8 am – 5 pm
Phone Number: **510.747.4510**
www.alamedaalliance.org