

Doula services are available for Health First Colorado and CHP+ members

What Health First Colorado and CHP+ members need to know

What is a doula?

A doula provides emotional, physical and educational support during pregnancy, birth, and after your pregnancy ends.

Doulas are not medical providers, but they work with your medical team to make sure your voice is heard and your needs are met.

What does the doula benefit include?

- **Prenatal visits** – up to 180 minutes per pregnancy
- **Labor and birth support** – including live births, miscarriage, or stillbirth
- **Postpartum visits** – up to 180 minutes per pregnancy

You can get services in person or by telehealth, except labor support, which must be in person.

Why work with a doula?

Doulas can help you:

- Feel confident and calm going into labor
- Better understand your rights and options
- Build a birth plan that reflects your values
- Navigate health care systems with support
- Heal and adjust after your pregnancy ends

How can I get a doula?

To qualify for the doula benefit, you must:

- Be enrolled in Health First Colorado (Colorado's Medicaid program) or Child Health Plan *Plus* (CHP+)
- Be pregnant or have a pregnancy that recently ended
- Get a recommendation from a licensed provider – such as a doctor, nurse, midwife, therapist, or counselor. Be sure to get this recommendation before choosing your doula.

Questions?

Visit the Health First Colorado Doula webpage: hcpf.colorado.gov/doulas

Email us at:

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