



Doula Support for Health First Colorado and CHP+ members

What Health First Colorado and CHP+ providers need to know

What's new?

As of **July 1, 2024**, Health First Colorado (Colorado's Medicaid program) and Child Health Plan *Plus* (CHP+) covers **doula services** to expand access to culturally responsive, community-based perinatal support. This benefit is available to **eligible members during pregnancy and up to 12 months postpartum**.

What is a doula?

Doulas are trained, non-clinical professionals who provide **physical, emotional and informational** support before, during, and after childbirth. While not medical providers, doulas **work alongside clinical teams** to enhance care by:

- empowering patients to advocate for themselves,
- facilitating communication between patients and providers, and
- reducing stress and anxiety during the perinatal period.

What does the benefit cover?

- **Prenatal Visits** – up to 180 minutes per pregnancy
- **Labor & Birth Support** – including live births, miscarriage, or stillbirth
- **Postpartum Visits** – up to 180 minutes per pregnancy

Services are available **once per pregnancy** and may be delivered in-person or via telehealth, with the exception of labor support, which must be provided in person.

Why doulas matter

Research shows that doula support may:

- Lower rates of cesarean births and preterm deliveries
- Shorten labor duration and reduce use of pain medication
- Improve postpartum mental health outcomes
- Address disparities in perinatal outcomes across Colorado

How providers can support doulas

- Encourage individuals to inform their care team if they are working with a doula
- Engage doulas in shared care and birth planning
- Recognize doulas as advocates and culturally attuned partners in supporting patients

Key information for providers

- A **recommendation from a licensed provider** is required before doula services begin
- Acceptable recommenders include **MDs, NPs, CNMs, RNs, LCSWs, LPCs**, and others practicing within their scope. Visit hcpf.colorado.gov/opr-claims for a full list of acceptable recommenders
- Doulas are **enrolled HFC providers with NPIs** and are authorized to submit claims and track services
- Patients may work with more than one doula – **service caps apply per pregnancy**, across all doulas
- All doulas must be **approved Health First Colorado providers** before billing for their services
- Reference the Doula Billing Manual for guidance at hcpf.colorado.gov/doula-manualDoula

Questions?

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

Email us at:

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