

Anthem Blue Cross and ACPHD now offering a

## **Doula Services Program for Pregnant People**

### **What is a doula?**

A doula is a non-clinical professional who provides physical, emotional and informational support to pregnant people before, during and after childbirth.

**\*In Alameda County Black infants are 2x more likely to be born with a low birth weight.**

With a doula's support, a Black infant is 3.7x less likely to have low birth weight.



### **What are the benefits of a doula?**

Evidence shows that working with a doula can lead to:

- Fewer surgical interventions
- Shorter labor
- Fewer cesareans (or lower cesarean rates)
- Increased success with breast/bodyfeeding

# What doula services are covered by Anthem's Doula Service Program?

Oakland Better Birth Foundation, Anthem's community provider for doula services, offers:



- Weekly visits during pregnancy period (including 6 visits), dedicated 24/7 on-call availability throughout pregnancy and postpartum
- Ongoing birthing support during labor and delivery
- Including four visits during postpartum period to provide post-birth education (self-care, feeding, sudden infant death syndrome [SIDS] avoidance, mental health awareness, etc.)
- Referrals to community resources

## How do I know if members are eligible for the Doula Services Program?

These services are open to any clients who use Medi-Cal Managed Care (Medi-Cal) including those involved with programming through the Alameda County Public Health Department.



### Meet Samsarah Morgan

Samsarah Morgan has been a doula for over 40 years and has served over 1000 births. She is the executive director & founder of Nia Healing Center for Birth and Family life, Oakland Better Birth Foundation, Better Birth Association of Harlem, NY, and Shiphrah's Circle Community Doula Program. She has trained Bay Area doulas for over 20 years for her own organization.

## How can I find more information?

To learn more or refer a pregnant Medi-Cal member please email:

Anthem Doula Pilot Program  
[CADoulaProgram@anthem.com](mailto:CADoulaProgram@anthem.com)

OR

Alameda County Public Health Department - Doula Support Services  
[Nicole Morris, nicole.morris@acgov.org](mailto:Nicole Morris, nicole.morris@acgov.org)



Please use your  
phone camera  
to scan the  
QR code.