

## Community Doula for Medicaid Members

Virginia Medicaid is the **fourth** state in the nation to implement doula services for Medicaid members.

### Background

In an effort to contribute to the improvement of the national maternal morbidity crisis and Virginia Medicaid's commitment to health equity for its members, Virginia Medicaid will begin offering doula services in Spring 2022.

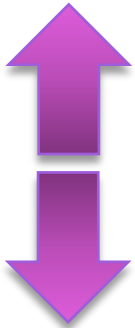
### Community Doula

Community doulas are individuals based in the community who offer a broad set of non-clinical pregnancy-related services centered on continuous support to pregnant individuals throughout pregnancy, at labor and delivery, and during the postpartum period. Community doulas provide **support** to pregnant and postpartum women through their grounding within the unique cultures, languages, and value systems of the populations they serve. The **emotional, physical, and informational support** provided by doulas include childbirth education, lactation support, and referrals for health or social services.

- The Department received both federal and approval for the community doula benefit as a preventive service.
- Effective January 6, 2022, The Virginia Department of Health (VDH) established the minimum requirements to be considered a certified doula in Virginia based on the core competencies for doula certification used by national organizations and community based organizations in Virginia (see *Administrative Code 12VAC5-403*).
- The OBGYN provider community and community doulas will partner together to ensure members have access to doula support services.
- Virginia Medicaid reimbursed \$859 for 8 prenatal or postpartum visits and attendance at delivery, as well as up to \$100 in linkage-to-care incentive payments. Certified Community Doula services are reimbursable from the date doula services are initiated for a member through 180 days (six months) after delivery.\*

\*Reimbursement is based on a member's eligibility on the date(s) of service rendered

### Improving Maternal Health Outcomes



#### Doula Support Services Increases:

- Likelihood of vaginal birth
- Likelihood of breastfeeding initiation
- Higher five-minute newborn Apgar scores

#### Doula Support Services Decreases:

- Delivery by C-section
- Use of epidural pain relief
- Instrument-assisted births

#### Required Documentation

- A licensed practitioner's recommendation for a community doula to provide care under the Virginia Medicaid program is required.
- Doulas submit the **completed signed** recommendation form to either Fee-For-Service or one of the six Managed Care

For questions regarding doula services, email:

[BabyStepsVA@dmas.virginia.gov](mailto:BabyStepsVA@dmas.virginia.gov)

### Roadmap for Doulas



<sup>1</sup>VA Medicaid defines a "licensed practitioner" as licensed clinicians, including physicians, licensed midwives, nurse practitioners, physician assistants, and other Licensed Mental Health Professionals (Virginia Administrative Code 12VAC35-105-10). The recommending clinician need not be a VA Medicaid provider. <sup>2</sup>Member eligibility on the date of service will dictate doula submission