



## **HUSKY Health Member Doula Education**

*Developed for the HUSKY Health Maternity Bundle Payment Doula Integration Toolkit*

### ***Background for this document***

The Connecticut Department of Social Services (DSS) plans to implement a Maternity Bundle Payment program (called “the bundle” for the remainder of this document) for the HUSKY Health program beginning January 2024, pending federal approval. The bundle is part of DSS’ overarching goal to move toward paying for equitable care in a value-based way. In addition to providing a new payment structure, DSS has allocated additional funds for doula and lactation support services as an integral component of the bundle. Doula and lactation support services will be rendered and reimbursed under the medical provider through the bundled payment.

### ***How to use this tool***

This document was designed as a resource that can be modified to provide information about doulas prenatally to HUSKY Health members.

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## Doulas are here for YOU!

Did you know HUSKY Health covers doula support services as part of maternity health care?

***Here are a few things to know about doulas and how they can help you.***

### What is a doula?

A doula is a non-clinical care provider who gives physical comfort, education, and emotional support during pregnancy, labor and birth, and early postpartum. They work with your doctor or midwife and your care team to help you have a healthy pregnancy and birth.

### YOU can have a doula to support you through your pregnancy journey!

- Doulas are available to HUSKY Health members\* and **will not** cost you money.
- Doulas can help improve birth outcomes and can help address birth inequities.
- Ask your doctor or midwife to help you get in touch with a doula.



**Doulas can be with you for up to four visits and attend your birth.**

### During pregnancy, your doula can:

- Meet with you starting in your second trimester to get to know you and your support system.
- Answer your questions about pregnancy and birth.
- Help relieve labor pain and reduce anxiety.
- Provide information about labor and delivery procedures and possible complications.
- Discuss birth options and help you develop a birth plan.
  - Share resources to help you make decisions about your healthcare.



### During labor and delivery, your doula can:

- Provide comfort and support.
- Use massage and touch to help you relax.
- Help you get into positions that ease discomfort and help labor progress.
- Help you get nutrition and fluids.
- Help communicate your preferences to medical staff.
- Help engage and support your partner or other people who are present.

\*Limitations may apply to select providers.

This resource was created by Primary Maternity Care 2023 for the "HUSKY Health Maternity Bundle Payment Doula Integration Toolkit."  
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### **After delivery, your doula can:**

- Provide support to you and your family after your baby comes home.
- Teach you and your support person how to care for your new baby.
- Support your partner and family in helping you.
- Help you rest, eat, and drink regularly.
- Help address any immediate concerns.
- Help you get any support you may need.



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