

Doula Services



As a Humana Healthy Horizons® in Louisiana member, you get the Medicaid coverage you need and deserve – and more.

For our pregnant members, this includes:

- Cell phone service
- Doula services before, during, and after a pregnancy
- No copayments or cost share on all services

What is a doula?

A doula, also known as a birth companion:

- Can answer your questions and help you find birthing classes and get information on comfort measures during delivery
- Goes to doctors' visits with you
- Has been shown to help mothers have a healthier pregnancy and birth, including improved breastfeeding rates and increased chance of a vaginal birth

- Helps you develop a birth plan
- Is trained to provide physical and emotional support to a mother before, during, and after a pregnancy
- Will work with you starting a few months before your baby is due

However, doulas:

- Are not medical staff
- Cannot provide medical care

Benefits of working with a doula

According to the American Pregnancy Association¹, having a doula as a member of your birth team can:

- Decrease overall cesarean rate by 50 percent
- Improve your baby's overall health at birth
- Improve the rate of spontaneous vaginal delivery
- Increase how satisfied you are with your labor and delivery experience
- Reduce the length of labor by 25%
- Reduce the need for pain medicine

Humana
Healthy Horizons®
in Louisiana

Humana Healthy Horizons in Louisiana doula benefit information

All pregnant Humana Healthy Horizons in Louisiana members of all ages can get doula assistance at no cost before, during, and after a pregnancy. Eligible members can choose to work with any doula who:

- Is in Louisiana
- Will accept our standard reimbursement rate
 - **Doula should bill Humana Healthy Horizons directly and not ask you to pay in advance**

Your doula can visit [Humana.com/LATraining](https://www.humana.com/LATraining) and refer to the Doula provider training for billing and claims payment resource.

Here's what you need to know about this benefit:

Doula assistance, per pregnancy, to provide: • Emotional and physical support to the laboring mother and her family • Prenatal care support • Supportive coaching during labor for a vaginal delivery or for a vaginal delivery after previous cesarean delivery • Postpartum care support	☑ To find a doula services provider near you, talk to your OBGYN. ☑ Check with the hospital where you plan to deliver to make sure you can have a doula with you. ☑ Some doulas offer virtual support services. Your doula can share more information with you about these services.
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Call HumanaBeginnings® at **1-800-448-3810 (TTY:711)**,
Monday – Friday, 7 a.m. – 7 p.m. to :

- Learn more about doula services
- Learn about the HumanaBeginnings program

Learn more about HumanaBeginnings at [Humana.com/LouisianaMoms](https://www.humana.com/LouisianaMoms).

1. Having a Doula – What are the Benefits? American Pregnancy Association.
<https://americanpregnancy.org/healthy-pregnancy/labor-and-birth/having-a-doula/>.
Last accessed on June 16, 2025.

Auxiliary aids and services, free of charge, are available to you.
1-800-448-3810 (TTY: 711), Monday through Friday, from 7:00 a.m. to 7:00 p.m.

Humana Inc. and its subsidiaries comply with Section 1557 by providing free auxiliary aids and services to people with disabilities when auxiliary aids and services are necessary to ensure an equal opportunity to participate. Services include qualified sign language interpreters, video remote interpretation, and written information in other formats.

English: Call the number above to receive free language assistance services.

Español (Spanish): Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

Français (French): Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

Tiếng Việt (Vietnamese): Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

繁體中文 (Chinese): 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

Português (Portuguese): Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

ພາສາລາວ (Lao): ໂທຫາເບີໂທລະສັບຂ້າງເທິງ ເພື່ອຮັບບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາຟຣີ.

日本語 (Japanese): 無料の言語支援サービスを受けるには、上記の番号までお電話ください。

اُردو (Urdu): مفت لسانی اعانت کی خدمات موصول کرنے کے لیے درج بالا نمبر پر کال کریں۔

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

فارسی (Farsi): برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

ภาษาไทย (Thai): โทรไปที่หมายเลขด้านบนเพื่อรับบริการช่วยเหลือด้านภาษาฟรี

This notice is available at **[Humana.com/LouisianaDocuments](https://www.humana.com/LouisianaDocuments)**.

Humana Healthy Horizons in Louisiana is a Medicaid product of Humana Health Benefit Plan of Louisiana Inc.