

# Doula Services



## Medicaid Medical Coverage Policy

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## Description

A doula offers consistent emotional support, guidance, education and advocacy throughout the childbirth journey— prenatal (before), intrapartum (during) and after postpartum (labor). Although not medical practitioners, doulas work alongside healthcare providers to support the overall well-being of the birthing person. Their role focuses on holistic care (considers the whole person, including their physical, mental, emotional, social and spiritual well-being), addressing emotional and informational needs. Certification for doulas is available through various national and international organizations, which typically require practical experience, participation in births and completion of educational training.<sup>9</sup>

**Doula services** are purportedly associated with reduced maternal stress, enhanced comfort and improved communication between birthing individuals and healthcare providers.<sup>11</sup> Doula care is associated with improved maternal and neonatal outcomes, including lower cesarean and preterm birth rates, shorter labor, better breastfeeding initiation, reduced maternal pain and anxiety. Additionally, the involvement of a doula may contribute to lower rates of maternal and perinatal complications, supporting a safer and more positive birthing experience.<sup>9</sup>

Virginia has expanded access to doula services through the enactment of House Bill<sup>27</sup> (HB1614) and Senate Bill<sup>28</sup> (SB1418). Under this initiative, Medicaid covers up to **10 doula visits (up to 4 prenatal and up to 6 postpartum visits)** within 12 months after childbirth. Additional visits, including those beyond the standard limit of 10 prenatal/postpartum visits and 1 delivery attendance, *may be approved when medically*

necessary.<sup>6</sup> Doulas must be state-certified and enrolled as Medicaid providers through the Department of Medical Assistance Services (DMAS).<sup>26</sup>

## Coverage Determination

Humana members may be eligible under the Plan for **additional doula services during pregnancy, childbirth and the postpartum period** when the following requirements are met:

- The individual has an active behavioral health, medical, or social condition that threatens the life or health of the mother or her child (fetus) that the provider feels that the additional visits by the doula would be beneficial for the mother or child (fetus). Some examples include but not limited to:
  - Bipolar disorder<sup>19</sup>
  - Depression<sup>12,19</sup>
  - Domestic abuse<sup>8</sup>
  - Homelessness<sup>13</sup>
  - Poorly controlled diabetes mellitus<sup>2</sup>
  - Uncontrolled hypertension<sup>7</sup>

## AND

- Requests for additional visits need to be ordered by a treating provider; **AND**
- The treating provider lists the number of additional visits that are requested

## Coding Information

Any codes listed on this policy are for informational purposes only. Do not rely on the accuracy and inclusion of specific codes. Inclusion of a code does not guarantee coverage and/or reimbursement for a service or procedure.

CPT® Code(s)	Description	Comments
<b>59409-HD</b>	Labor support, Vaginal birth; one (1) unit	
<b>59425-HD</b>	Standard care, prenatal visit; Maximum three (3) visits (initial prenatal (see above) and three prenatal visits). Bill in fifteen (15) minute increments for a total of sixty (60) minutes per visit	
<b>59430-HD</b>	Postpartum Care, Postpartum Visit; Maximum six (6) visits. Bill in fifteen (15) minute increments for a total of sixty (60) minutes per visit	
<b>59514-HD</b>	Labor Support, C-section; one (1) unit	

<b>99600-HD</b>	Initial Prenatal Visit; Maximum six (6) units of fifteen (15) minutes each (total max of 90 minutes). One (1) date of service only	
<b>99199-HD</b>	Incentive Mother Postpartum; one (1) unit	
<b>99199-HD</b>	Incentive Newborn Postpartum; one (1) unit. Must be billed under the newborns Medicaid ID	
<b>All Claims for Doula services must include diagnosis code Z32.2 (Encounter for childbirth instruction)</b>		
<b>CPT® Category III Code(s)</b>	<b>Description</b>	<b>Comments</b>
No code(s) identified		
<b>HCPCS Code(s)</b>	<b>Description</b>	<b>Comments</b>
<b>T1032</b>	Services performed by a doula birth worker, per 15 minutes	
<b>T1033</b>	Services performed by a doula birth worker, per diem	

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## Change Summary

07/01/2025 New Policy.