

Does Sunflower Cover Doulas?

Sunflower covers doula services from the date of your confirmed pregnancy through one year after delivery. Doula services require written recommendation from your licensed healthcare provider.

How Can I Find a Doula?

You can find a doula in the Sunflower Health Plan network by using the Find-A-Provider tool on our website. You can search for a doula who meets your needs, including language and some cultural options.



More Help for Pregnant Moms

Start Smart for Your Baby has features to support you when you need it. From pregnancy to delivery and after your baby is born. Find useful information about topics that are important to you.

To learn more or enroll in Start Smart, visit www.sunflowerhealthplan.com/startsmart.



Language assistance services, auxiliary aids and services, and other alternative formats are available to you free of charge. To obtain this, please call 1-877-644-4623 TTY 711.

Español (Spanish): Servicios de asistencia de idiomas, ayudas y servicios auxiliares, y otros formatos alternativos están disponibles para usted sin ningún costo. Para obtener esto, llame al 1-877-644-4623 TTY 711.

Tiếng Việt (Vietnamese): Các dịch vụ trợ giúp ngôn ngữ, các trợ cụ và dịch vụ phụ thuộc, và các dạng thức thay thế khác hiện có miễn phí cho quý vị. Để có được những điều này, xin gọi 1-877-644-4623 TTY 711.



8325 Lenexa Dr., Ste. 410
Lenexa, KS 66214

1-877-644-4623 (TTY: 711)

SunflowerHealthPlan.com

© 2025 Sunflower State HealthPlan.
All rights reserved.
KDHE-Approved 2/4/2025



Pregnant?

Is doula care right for you?



SunflowerHealthPlan.com

What is a Doula?

A doula is an essential member of a pregnant person's support team. They support mothers who are expecting or have recently given birth. They help women navigate the healthcare system and have safe, memorable and empowering birth experiences.

Doulas cannot give medical care, like a midwife or doctor can, but their role is an important one. They guide you through pregnancy, birth and after delivery (postpartum).

A DOULA MIGHT:

- Help you understand the procedures performed throughout pregnancy and delivery.
- Help you make a birth plan.
- Advocate to hospital staff for what you want and need, including spiritual support and cultural traditions.
- Offer comfort and techniques for labor, such as focused breathing, movement, massage and positioning.
- Guide and support your family and loved ones.
- Give you tips on breastfeeding, parent-baby bonding and newborn care.



What are the Benefits of Using a Doula?

Having a doula can give you essential emotional, physical and informational support throughout your pregnancy, labor, delivery and postpartum stages. A doula should complement traditional medical care. They help expectant mothers feel supported, empowered and informed at every stage of the birthing journey.

A doula can help with supportive pain management, guide decision-making, offer continuous support during labor and provide postpartum care. They can help new mothers navigate the early weeks of their baby's life with confidence.

How Soon Should I Use a Doula?

You may connect with a doula at any point in your birthing journey. Connecting in the second or third trimester of your pregnancy is common. This lets you get to know each other, so your doula can help you and your family feel prepared.

A doula can be helpful during and after pregnancy. After your baby's birth, a doula can help you optimize your healing and life with a newborn.



1-877-644-4623
(TTY 711).

What is the Difference between a Doula and a Midwife?

A midwife gives professional medical care throughout pregnancy. They also deliver babies. A birth doula gives physical and educational support throughout pregnancy, labor, birth and afterwards.

Doulas Improve Health Results for Mothers and Their Babies

Having a doula during pregnancy and childbirth can lead to better health outcomes. Research* shows that those with doulas are:

- 47% less likely to have a cesarean delivery.
- 29% less likely to give birth prematurely.
- 46% more likely to go to their postpartum checkup.

**Role of Doulas in Improving Maternal Health and Health Equity Among Medicaid Enrollees, 2014–2023.*

