



# Get care from a professional Birth Doula at **no cost**



## What is a Birth Doula?

A Birth Doula provides information, emotional support, and physical comfort measures during your pregnancy, childbirth, and after your baby is born.

### Care from a Birth Doula includes:

- Visits during your pregnancy
- Answers to your questions
- Help preparing you for childbirth
- Information on caring for your baby
- Breastfeeding support

Best of all, your Birth Doula will be there with you during labor, to offer comfort and encouragement.

### Is a Birth Doula the same as a midwife?

No. Midwives are medical providers. Birth Doula care is focused on your emotional well-being and social support. Birth Doulas provide information and support during your pregnancy, birth and postpartum. They do not provide medical services or medical advice.

### Birth Doulas support all kinds of families, including people who:

- Have experienced infant loss
- Are choosing adoption
- Speak a language other than English
- Have culturally specific needs
- Are single

### Why should I consider a Birth Doula?

Having a Birth Doula during labor has been shown to lower the rate of cesarean, the use of epidurals, and the length of labor.

### How much does a Birth Doula cost?

For our members, working with a Birth Doula is free of charge.



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### Contact our Customer Service team

#### Oct. 1 – Jan. 31:

8:00 a.m. – 8:00 p.m., seven days a week

#### Feb. 1 – Sept. 30:

8:00 a.m. – 5:00 p.m., Monday – Friday

#### Phone

**Toll-free:** 800-431-4135

**TTY:** 711.

We accept all relay calls.

**En Español:** 866-281-1464

#### Email

[CommunitySolutionsCS@PacificSource.com](mailto:CommunitySolutionsCS@PacificSource.com)

[CommunitySolutions.PacificSource.com](https://www.PacificSource.com)

  
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Community Solutions



## How can I find a Birth Doula?

1. Visit [CommunitySolutions.PacificSource.com/](https://CommunitySolutions.PacificSource.com/)
2. At the top, under “Search Tools,” choose “Find a Doctor”
3. Enter your city or your zip code
4. From the “Specialty or Facility Category” menu, choose “Traditional Health Worker”
5. Under “Specialty or Facility Type” choose “Doula”
6. Click “Find Providers”



## Questions?

We encourage you to call with questions about Birth Doula care—or anything related to your health. You can reach our Customer Service team at **800-431-4135**.

To speak with a Traditional Health Worker Liaison, or be connected to Traditional Health worker services including Birth Doulas, please call **541-640-8742**.

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You can get this document in another language, large print, or another way that’s best for you. You can also request an interpreter. This help is free. Call 800-431-4135 or TTY 711. We accept all relay calls.

Usted puede recibir este documento en otro idioma, impreso en una letra más grande o de otra manera que sea mejor para usted. También puede solicitar un intérprete. Esta ayuda es sin costo. Llame al 800-431-4135 o por TTY al 711. Aceptamos llamadas del servicio de retransmisión.