

# CalOptima Health Medi-Cal Members Doula Support Services



Eligible CalOptima Health members may receive doula support services at no cost. Read the important information on how to get doula services, and how a doula can support your pregnancy, childbirth and postpartum period.

Doula services are non-medical support services provided by trained professionals to pregnant persons before, during and after childbirth, including support during miscarriage, stillbirth and abortion. These services may include emotional support, physical comfort measures and help with communication and decision-making.

Your health network will determine the steps you need to take to find a doula.

- If your health network is CalOptima Health Community Network or CalOptima Health Direct, please visit our website at [www.caloptima.org](http://www.caloptima.org) and go to “Find a Doctor” or call CalOptima Health Customer Service at 1-888-587-8088.
- If you are under another health network, please contact your health network’s customer service and request a list of contracted doulas. The phone number for your health network is on the back of your member ID card.

For other questions, contact CalOptima Health Customer Service toll-free at **1-888-587-8088** (TTY **711**), Monday through Friday, from 8 a.m. to 5:30 p.m. We have staff who speak your language. Visit us at [www.caloptima.org](http://www.caloptima.org).