



# DOULA REIMBURSEMENT

The Texas Doula Association recommends that Texas Medicaid (Health and Human Services) reimburse Perinatal Doula Services up to \$3300 per birth episode. This includes 12 perinatal visits (Both prenatal and postpartum visits) at \$150.00/visit, and On-Call Labor and Delivery Support at \$1500.00. This fee should be adjusted based on cost of living considerations every two years.

## **THE TEXAS DOULA ASSOCIATION BELIEVES THAT THE AFOREMENTIONED FEES ARE JUSTIFIED DUE TO THE CONTINUOUS SUPPORT PERINATAL DOULAS PROVIDE, INCLUDING BUT NOT LIMITED TO:**

1. Perinatal doulas typically begin supporting their clients early in the second trimester, and provide continuous/regular support for their clients via text, email, phone calls, video calls and in person visits throughout the pregnancy.
2. Perinatal Doulas spend on average 1-2 hours per visit with their clients.
3. Perinatal Doulas provide:
  - a. Childbirth Education/Education on signs and symptoms of labor
  - b. Birth Planning
  - c. Accompaniment to Perinatal Visits
  - d. Support and assistance accessing social services
  - e. Perinatal mood and anxiety disorder (PMAD) screening, and assistance accessing
  - f. mental health services
  - g. Newborn care education
4. "On Call" services begin at approximately 37 weeks gestation. The perinatal doula is "on call" and clears their schedule and limits activities so as to be available for the client until they go into labor.
5. Perinatal doulas are present throughout the labor process, through delivery and for approximately 2 hours into the immediate postpartum.
6. Perinatal doulas ensure/encourage that the "Golden Hour" is respected; that there is immediate skin to skin between the client and their newborn (as the situation allows), that breastfeeding is established and helps the new family transition into postpartum
7. Perinatal doulas provide home care and meal preparation postpartum (and antepartum if the client is high risk)
8. Perinatal Doulas provide ongoing parenting support and resources through 12 months postpartum, up to the infants' first birthday.

## **THE PERINATAL DOULA REIMBURSEMENT FEE FACTORS IN:**

- The time it takes doulas to travel to and from their client visits
- Preparation for client encounters
- Contacting and connecting their clients with social services and other community resources
- Time for note taking, documentation, and billing
- Education (childbirth ed, lactation, labor, etc..) preparation
- Travel allowances including parking fees at hospitals
- Doulas' own telephone, computer and internet costs
- Meals for the doula's own sustenance during labor and delivery
- Childcare for their own children
- Professional fees such as continuing education, liability insurance, materials, etc

**PERINATAL DOULAS SHALL BE REIMBURSED FOR SERVICES ON A FEE FOR SERVICE BASIS.  
PERINATAL DOULAS WILL SUBMIT CLAIMS FOR REIMBURSEMENT.**