

QUICK GUIDE TO MEDI-CAL COVERAGE OF DOULA SERVICES

DHCS PROVIDER MANUAL - ESSENTIALS & TIPS

Starting on 1/1/2023, Medi-Cal covers full spectrum doula care, as preventive services.

Doula services are aimed at preventing perinatal complications and improving health outcomes for birthing parents and infants. Doulas serving Medi-Cal beneficiaries provide person-centered, culturally competent care that supports the racial, ethnic, linguistic, and cultural diversity of beneficiaries while adhering to evidence-based best practices.

Recommendation for Doula Services:

Medi-Cal beneficiary can receive a written recommendation to authorize the benefit from a physician or other licensed practitioner of the healing arts acting within their scope of practice under state law. The doula should keep a copy of this in their records.

Doula minimum qualifications:

- Must be at least 18 years old
- Possess an adult and infant CPR certification
- Have completed basic HIPAA training
- Meet one of the below qualification pathways
- Have a National Provider Identifier (NPI)

BLACK Doula Consortium Tips:

Certificate of completion for Adult CPR and Infant CPR can come from either the **American Red Cross** or **American Heart Association**.

American Red Cross offers flexible CPR trainings:

- Example: rdcrss.org/_3PdONKk

Various institutions offer HIPAA trainings:

- Example HIPAA training: bit.ly/3Vi4P7M



OPTION 1: TRAINING PATHWAY

- Complete a **minimum of 16 hours (total) of training** in the following areas:
 - Lactation support
 - Childbirth education
 - Foundations on anatomy of pregnancy and childbirth
 - Nonmedical comfort measures, prenatal support, and labor support techniques
 - Developing a community resource list
- Provide support at a minimum of **three births**.

OPTION 2: EXPERIENCE PATHWAY

- **At least 5 years of active doula experience** in either a paid or volunteer capacity within the previous seven years.
- Attestation to skills in prenatal, labor, and postpartum care as demonstrated by **3 letters of recommendation**.
 - **One letter must be** from a licensed provider, a community-based organization, or an enrolled doula.
 - The last two letters can be **written client testimonial letters** and/or **professional letters of recommendation** from a physician, licensed behavioral health provider, nurse practitioner, nurse midwife, licensed midwife, enrolled doula, or community-based organization. All letters must be **written within the last seven years**.

BLACK DOULA CONSORTIUM TIP:

If you will be using the **Experience Pathway** to enroll as a Medi-Cal doula, now is the time to **identify 3 individuals - a client, a licensed provider or a community-based organization**, who can provide you a letter of recommendation.

EXAMPLES OF RECOMMENDATION LETTERS

ACCEPTABLE

1. Letter from a licensed provider, CBO, or enrolled doula
2. Written client testimony
3. Written client testimony

ACCEPTABLE

1. Letter from a licensed provider, CBO, or enrolled doula
2. Written client testimony
3. Community based organization

NOT ACCEPTABLE

1. Written client testimony
2. Written client testimony
3. Written client testimony

RECOMMENDED TRAININGS TO SERVE TO UNIQUE NEEDS OF MEDICAL-BENEFICIARIES:

- Perinatal support
- Hands-on support with clients
- Trauma-informed care
- Cultural sensitivity or competency
- Implicit bias or anti-racism
- Social determinants of health for birthing populations
- Perinatal mood and anxiety disorders
- Intimate partner violence
- Postpartum care/support
- Infant and newborn care
- Perinatal loss and bereavement support

CONTINUING EDUCATION REQUIREMENTS:

- Doulas must **complete three hours of continuing education** in maternal, perinatal, and/or infant care every three years.
- **Maintain evidence of completed training** to be made available to DHCS upon request. Doulas do not need to attain CEUs, just proof of training.

FINAL TIPS:

- In order to be approved for reimbursement for any family with Medi-Cal, **you will need to apply through both the PAVE Medi-Cal provider portal and contract with your local Managed Care Plan(s).**
- **Review PAVE carefully for additional requirements**
- Most Medi-Cal managed care plans will require doulas and/or doula groups to **have liability insurance.**

SOURCES

- **MEDI-CAL DOULA PROVIDER MANUAL:** bit.ly/3V5MdHy
- **DHCS WEBSITE - DOULA SERVICES:** bit.ly/3gmFV8u
- **STATE PLAN AMENDMENT (SPA) 22-0002:** bit.ly/3GAuQeo
- **NPI NUMBER INFO & APPLICATION:** bit.ly/npinumber

DISCLAIMER

The BLACK Doula Consortium (BDC) adapted this guide for educational purposes and added tips. To find the latest updates, please consult the primary sources acknowledged in this guide.

The Doula Provider Manual is available at: bit.ly/3V5MdHy.

To learn more about BDC, visit: bit.ly/bdcinfo

