

Health Net Doula Programs

BRINGING YOU PERSONAL CARE AND SUPPORT DURING YOUR PREGNANCY JOURNEY

What is a doula?

A doula is a birth worker who supports you during pregnancy, birth, and after birth — in person or on line. A doula can give care at the doctor's office or any place you need them.

 **Hospitals**  **Birth centers**  **Your home**

Doulas support people from all backgrounds and cultures. Their care helps you and your baby stay healthy and do well.

How a doula can help you

They offer emotional support, comfort, and helpful information to make things easier and less stressful for you. A doula can help you:

- Create a birth plan that fits your needs.
- Learn what to expect during pregnancy and after birth.
- Find helpful resources in your community.
- Get support with breastfeeding and adjusting to life with your baby.

Health Net offers our members TWO options for doula services—you have a choice!

We offer Individual Doula Services or Virtual Doula & Support Services from Mahmee to choose from. This gives you the freedom to think about your options and make the best program choice to fit your lifestyle.

Important: You may either choose an Individual Doula or use Virtual Doula & Wrap-around Services by Mahmee, but not both.

Individual doula services

- One in person or virtual visit with a doula to get to know each other.
- Up to eight more visits that include pre- and post-birth visits.
- Support during labor and birth. (This would also apply for a delivery that ends in a stillbirth. Or, for a miscarriage or abortion.)
- Up to two, three-hour added visits after the baby is born.

(continued)



How you can find an individual doula¹:

- 1** Call the member services number on the back of your Health Net Member ID card. We will help you find a Doula that meets your needs.
- 2** Visit healthnet.com/psbp > *Find a Provider*.
 - **Enter a location** (Address, City, County or Zip Code).
 - **Find** your health plan name
 - **Enter** “Doula” into the search bar
 - **Select** *Doulas*

Mahmee Virtual Doula Services

Mahmee offers online doula services with a live person via its app. Services include:

- Intake visit
- Unlimited prenatal visits
- Support during labor and birth
- Unlimited postpartum visits

How can I find a Mahmee Doula:

- 1.** Contact Mahmee at 1-818-431-1118.
 - Monday through Friday 6 a.m. to 8 p.m. Pacific Time (PT)
 - Saturday and Sunday 8 a.m. to 6 p.m. PT
- 2.** Visit *Mahmee online* to enroll.
 - Select Check Eligibility
 - You will be asked to complete a short form
 - Once submitted, you will get an email that confirms your eligibility
- 3.** Call the member services number on the back of your Health Net Member ID card.

Questions?

For more information visit the Maternity and Family Planning webpage at www.healthnet.com/psbp or call 888-893-1572 (HMO), 800-676-6976 (PPO CA) or 800-861-7214 (PPO Out-of-State).



¹The Doula program is not available outside of California.

English

No Cost Language Services. You can get an interpreter. You can get documents read to you and some sent to you in your language. For help, call us at the number listed on your ID card or call 888-893-1572 (TTY: 711).

Arabic

خدمات اللغة مجانية. يمكنك الحصول على مترجم فوري. ويمكنك الحصول على وثائق مقروءة لك. للحصول على المساعدة، اتصل بنا على الرقم الموجود على بطاقة الهوية، أو اتصل على مركز الاتصال التجاري (888-893-1572 (TTY: 711)

Armenian

Անվճար լեզվական ծառայություններ: Դուք կարող եք բանավոր թարգմանիչ ստանալ: Փաստաթղթերը կարող են կարդալ ձեզ համար: Օգնության համար զանգահարեք մեզ ձեր ID քարտի վրա նշված հեռախոսահամարով կամ զանգահարեք 888-893-1572 (TTY: 711).

Chinese

免費語言服務。您可使用口譯員。您可請人使用您的語言將文件內容唸給您聽，並請我們將有您語言版本的部分文件寄給您。如需協助，請致電您會員卡上所列的電話號碼與我們聯絡，或致電 888-893-1572 (TTY: 711)。

Hindi

बनिा लागत की भाषा सेवाएँ। आप एक दुभाषिया प्राप्त कर सकते हैं। आपको दस्तावेज पढ़ कर सुनाए जा सकते हैं। मदद के लिए, आपके आईडी कार्ड पर दिए गए सूचीबद्ध नंबर पर हमें कॉल करें, या 888-893-1572 (TTY: 711)।

Hmong

Kev Pab Txhais Lus Dawb. Koj xav tau neeg txhais lus los tau. Koj xav tau neeg nyeem cov ntaub ntawv kom yog koj hom lus los tau. Xav tau kev pab, hu peb tau rau tus xov tooj ntawm koj daim npav los yog hu 888-893-1572 (TTY: 711).

Japanese

無料の言語サービス。通訳をご利用いただけます。文書をお読みします。援助が必要な場合は、IDカードに記載されている番号までお電話いただくか、888-893-1572、(TTY: 711)。

Khmer

សេវាភាសាដោយឥតគិតថ្លៃ។ អ្នកអាចទទួលបានអ្នកបកប្រែផ្ទាល់មាត់។ អ្នកអាចស្តាប់គេអានឯកសារឱ្យអ្នក។ សម្រាប់ជំនួយ សូមទាក់ទងយើងខ្ញុំតាមរយៈលេខទូរសព្ទដែលមាននៅលើកាតសម្គាល់ខ្លួនរបស់អ្នក ឬ ទាក់ទងទៅមជ្ឈមណ្ឌលទំនាក់ទំនងពាណិជ្ជកម្មនៃក្រុមហ៊ុន 888-893-1572 (TTY: 711)។

Korean

무료 언어 서비스. 통역 서비스를 받을 수 있습니다. 귀하가 구사하는 언어로 문서의 낭독 서비스를 받으실 수 있습니다. 도움이 필요하시면 보험 ID 카드에 수록된 번호로 전화하십시오 888-893-1572 (TTY: 711).

Navajo

Saad Bee Áká E'eyeed T'áá Jíík'e. Ata' halne'ígíí hóló. T'áá hó hazaad k'éhjí naaltsoos hach'í' wóltah. Shíká a'doowoł nínízingo naaltsoos bee néího'dółzinígíí bikáa'gi béésh bee hane'í bikáa' áajj' hodíílnih éí doodaii' 888-893-1572 (TTY: 711).

Persian (Farsi)

خدمات زبان به طور رایگان. می توانید یک مترجم شفاهی بگیرید. می توانید درخواست کنید که اسناد برای شما قرائت شوند. برای دریافت راهنمایی، با ما به شماره ای که روی کارت شناسایی شما درج شده تماس بگیرید یا با مرکز تماس بازرگانی 888-893-1572 (TTY: 711).

Punjabi (Punjabi)

ਬਨਿ ਕਸਿ ਲਾਗਤ ਤੇ ਭਾਸ਼ਾ ਸੇਵਾਵਾਂ। ਤੁਸੀਂ ਇੱਕ ਦੁਭਾਸ਼ੀਆ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹੋ। ਤੁਹਾਨੂੰ ਦਸਤਾਵੇਜ਼ ਤੁਹਾਡੀ ਭਾਸ਼ਾ ਵਿੱਚ ਪੜ੍ਹ ਕੇ ਸੁਣਾਏ ਜਾ ਸਕਦੇ ਹਨ। ਮਦਦ ਲਈ, ਆਪਣੇ ਆਈਡੀ ਕਾਰਡ ਤੇ ਦਿੱਤੇ ਨੰਬਰ ਤੇ ਸਾਨੂੰ ਕਾਲ ਕਰੋ ਜਾਂ ਕਰਿਪਾ ਕਰਕੇ 888-893-1572 (TTY: 711)।

Russian

Бесплатная помощь переводчиков. Вы можете получить помощь устного переводчика. Вам могут прочитать документы. За помощью обращайтесь к нам по телефону, приведенному на вашей идентификационной карточке участника плана. Кроме того, вы можете позвонить в 888-893-1572 (TTY: 711).

Spanish

Servicios de idiomas sin costo. Puede solicitar un intérprete. Puede obtener el servicio de lectura de documentos y recibir algunos en su idioma. Para obtener ayuda, llámenos al número que figura en su tarjeta de identificación o comuníquese con el 888-893-1572 (TTY: 711).

Tagalog

Walang Bayad na Mga Serbisyo sa Wika. Makakakuha kayo ng isang interpreter. Makakakuha kayo ng mga dokumento na babasahin sa inyo. Para sa tulong, tawagan kami sa nakalistang numero sa inyong ID card o tawagan ang 888-893-1572 (TTY: 711).

Thai

ไม่มีค่าบริการด้านภาษา คุณสามารถใช้ล่ามได้ คุณสามารถให้อ่านเอกสารให้ฟังได้ สำหรับความช่วยเหลือ โทรหาเราตามหมายเลขที่ให้ไว้บนบัตรประจำตัวของคุณ หรือ โทรหาศูนย์ติดต่อเชิงพาณิชย์ของ 888-893-1572 (TTY: 711)

Vietnamese

Các Dịch Vụ Ngôn Ngữ Miễn Phí. Quý vị có thể có một phiên dịch viên. Quý vị có thể yêu cầu được đọc cho nghe tài liệu. Đề nhận trợ giúp, hãy gọi cho chúng tôi theo số được liệt kê trên thẻ ID của quý vị hoặc gọi 888-893-1572 (TTY: 711).