



Working With a Doula

Info For Medicaid Members

What is a Doula?

A doula is a trained support person who provides emotional support, physical comfort, and information during pregnancy, labor and birth, and after your baby is born.

You Deserve Support

Choosing a doula is a personal decision. You deserve care that is respectful, supportive, and aligned with your needs.

Good News!

If you are pregnant and enrolled in Health First Colorado (Medicaid), doula services are covered at no cost to you.

You Get to Choose Your Doula

- You are not assigned a doula.
- You can talk with more than one doula before you decide.
- Choose someone who respects your needs, culture, and preferences.

How to Find a Doula

1. Go to www.healthfirstcolorado.com/find-doctors.
2. Enter your city or ZIP code.
3. Select “Doula” under Provider Type.
4. Contact doulas directly to see if they are a good fit.

Helpful Questions to Ask a Doula

- Do you accept Health First Colorado?
- What kind of support do you offer?
- Are you available around my due date?