



March 27, 2023

### All Plan Letter (APL) 22-031

#### Doula Services

Dear Provider,

The Department of Health Care Services (DHCS) released APL 22-031 on December 22, 2022, to provide guidance regarding doula services which are aimed at preventing perinatal complications and improving health outcomes for birthing parents and infants.

#### **Covered Doula Services, effective January 1, 2023:**

Doula services can be provided virtually or in-person in an office setting, house, hospital, or alternative birth center. Although prior authorization is not required, a recommendation for doula services must be requested in writing and will include the following services:

- One (1) initial visit
- Up to eight (8) additional visits that can be provided in any combination of prenatal or postpartum visits
- Support during labor and delivery (including labor and delivery resulting in a stillbirth), abortion, or miscarriage
- Up to two extended three-hour postpartum visits after the end of a pregnancy

\*If additional services are needed, a written request must be sent to the doula.

#### **Below are examples of some Non-Covered Doula Services**

Belly binding (traditional/ceremonial)	Birthing ceremonies (i.e., sealing, closing the bones, etc.)	Group classes on babywearing
Massage (maternal or infant)	Photography	Placenta encapsulation
Shopping	Vaginal steams	Yoga

For additional information, the full APL can be found by visiting:

<https://www.dhcs.ca.gov/formsandpubs/Documents/MMCDAPLsandPolicyLetters/APL2022/APL22-031-Doula-Services.pdf>

# PROVIDER Bulletin



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**KERN HEALTH  
SYSTEMS**

KHS posts all bulletins on the KHS website, [www.kernfamilyhealthcare.com](http://www.kernfamilyhealthcare.com), choose Provider, then Bulletins.

For any questions, please contact your Provider Relations Representative at 1-800-391-2000.

Sincerely,

Melissa McGuire  
Deputy Director of Provider Network  
Kern Health Systems