



Is your patient expecting a baby? Refer them to a birth doula.



Birth doulas help pregnant people and their families with personal, non-medical support during pregnancy, childbirth and after the baby is born. They've been shown to lower the rate of C-sections, epidurals and the length of labor.

Why a birth doula?

Birth doulas support all kinds of people and families, including people who:

- Speak a language other than English
- Have culturally specific needs
- Have experienced infant loss
- Are adopting or choosing adoption
- Have limited support or are single

EOCCO members get access to a birth doula and their services at no cost to them, including:

- Visits during and after pregnancy
- Labor and birth support
- Emotional and physical support

If your patient would like to learn more about birth doulas and the services they provide, be sure to give them EOCCO's patient-facing birth doula flyer.



How to connect your client with a birth doula

Make a referral using EOCCO's birth doula referral form. Visit tinyurl.com/eoccobirthdoulareferral (or scan the QR code) and enter your patient's information. EOCCO will connect your patient with a birth doula nearby and follow up with you to confirm.

Questions?

We're here to help! You can reach the EOCCO team by phone at **888-788-9821** or email us at THW@eoocco.com. Our regular business hours are Monday through Friday, 7:30 a.m. to 5:30 p.m. (PST).

You can get this document in other languages, large print, Braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 888-788-9821 (TTY/TDD users, please call 711). We accept relay calls.

Puede obtener este documento en otros idiomas, en letra grande, braille o en un formato que usted prefiera. También puede recibir los servicios de un intérprete. Esta ayuda es gratuita. Llame al servicio de atención al cliente 888-788-9821 o TTY 711. Aceptamos todas las llamadas de retransmisión.

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