

Healthy Beginnings Program – DOULA SUPPORT

Steward Health Choice Cares About Your Well-being

Steward Health Choice believes in a personal approach to health care right in your community. We built our health care plan around you. Our goal is to give you quality health care, programs, services and Extra Benefits to support you on your path to wellness. Your needs, your health, your life.



A doula is a trained professional who supports you and your family

- During your pregnancy
- During your labor and delivery
- After you go home from the hospital with your baby

Doulas are non-medical providers who work with your doctor, care coordinator, and other members of your care team.

As a Steward Health Choice member, you are eligible to get FREE support from a doula!

You will be matched with a doula who fits your needs. We have doulas who speak many languages, too.

Your doula will

- Visit you at home during your pregnancy
- Be with you during your whole labor and delivery
- Visit you and your baby at home after you leave the hospital

She can help you with things like

- Supporting you emotionally during your pregnancy, birth, and after you go home with your baby
- Offering tips for having a healthy pregnancy and baby
- Preparing you for giving birth (like how to handle pain)
- Understanding all of the choices you have for you and your baby
- Involving your partner or loved ones so they can better support you
- Breastfeeding or infant feeding education
- Providing newborn care and safe sleep education

Find out how you can have a safer and healthier pregnancy. Call Steward Health Choice Member Services at **855-860-4949**.