



The Commonwealth of Massachusetts
Executive Office of Health and Human Services
www.mass.gov/masshealth

MassHealth members can get free doula services during pregnancy, birth, and afterwards!



What is a doula?

Doulas provide non-medical support to members and families during pregnancy, delivery, and after delivery.

How can a doula help you?

Your doula can support you and your family based on your unique needs. Doula services are also available for people whose pregnancy ends with a miscarriage, abortion, or stillbirth.

Your doula can:

- Answer your questions about pregnancy and birth
- Meet with you to help you and your family prepare for birth
- Work with you, your family, and your care team during labor and delivery to help make sure you feel supported
- Meet with you after delivery to talk about your birth experience and how you're feeling
- Give you basic information about breastfeeding or infant feeding and how to take care of your baby
- Connect you with resources in your community based on your needs



Learn more and find a MassHealth doula provider at mass.gov/masshealthdoulas.

You can also contact the MassHealth Customer Service Center for more information at (800) 841-2900, TDD/TTY 711.