

Childbirth Doula Covered Services

Birth Doula Services are a covered health plan benefit for eligible PEHP members from July 1, 2023 through June 30, 2026.

What is a birth doula?

A birth doula is a professional who provides continuous physical, emotional, and informational assistance during your pregnancy, labor, and postpartum journey.

Who's eligible?

Only PEHP members who work for the following employers are eligible for in-network birth doula services:

- » State of Utah
- » Utah Retirement Systems
- » Weber State University
- » Utah Tech
- » Davis Tech
- » USU – Eastern
- » Utah State Fairpark
- » Utah Safety Council
- » Utah Housing Corporation
- » Utah Communications Authority
- » Uintah Basin Technical College
- » Tooele Technical College
- » Snow College
- » Mountainland Technical College
- » Heber Valley Railroad

What services are covered?

Prenatal and post-partum support are covered at any location. Labor support is only covered when the birth occurs at an in-network birthing center or in-network hospital. Find in-network birthing centers and hospitals in the PEHP Provider Directory at www.pehp.org/providerlookup. Home births are not covered.

Is there a coverage timeframe?

Yes, services are only covered from conception until 120 days after delivery. Services provided outside this timeframe are not covered.

Is there a benefit limit?

Yes, the annual benefit limit for doula services is set at \$692.10 per pregnancy. This benefit is part of your medical plan, which is subject to applicable deductible, copayment, coinsurance, and out-of-pocket maximum.

Questions?

Please contact us at 801-366-7400 or via the secure Message Center available when you log in to your PEHP account at www.pehp.org.



In-network Doulas

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Note: PEHP will not cover services by non-contracted doulas. If you would like a doula to contract with PEHP, you can [request to add them to your network](#).