

# 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](http://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.

### 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](#).

### 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](http://www.pehp.org).