

**BIRTH DOULA SERVICES AGREEMENT**

PATIENT IDENTIFICATION

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**What is a doula?**

A doula draws from their knowledge and experience to provide emotional support, physical comfort, and assist you, the patient with information to make informed decisions about certain issues that may arise in pregnancy and labor.- All Community Health Network, Inc. ("Community") doulas are appropriately trained to provide doula services. A doula may help facilitate communication with your care team to help you collect information to make informed decisions about your labor and birth. Doulas can help provide reassurance and perspective to you and your loved ones. They can make suggestions or assist you with relaxation and comfort techniques to help labor progress in conjunction with the care provided by your medical provider and staff. A doula is there to assist you and the team with a positive birth experience.

**What Doulas Do Not Do:**

- Perform clinical tasks, such as taking blood pressure, fetal heart check, or vaginal exams.
- Provide medical advice.
- Make decisions for you.
- Speak to the staff on your behalf. Your doula will discuss non-medical concerns with you and suggest options, as well as encourage you to voice your opinions.
- Deliver the baby.
- Will not replace your nurse or act as a midwife or doctor.

**Getting to know your doula:**

After completing the enrollment form, and paying your enrollment fee, you will be contacted by a community doula. This doula will meet with you and your support person 1-2 times during your prenatal period prior to labor. Your doula will want to know your vision for your birth, and to discuss your priorities, fears, or concerns to understand how to best support you through this process. The doula will want to become familiar with your birth plan and understand your preferences regarding pain relief options, including invasive ones such as IVs, narcotics, and epidurals. In addition, your doula can discuss non-invasive methods such as massage, birth ball, water, position changes, walking, music, and any other methods you may choose. The doula will want to be familiar with the best ways for you to cope with stress, pain, or fatigue in your daily life and how you and your partner would like to work together during labor and birth.



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**When Labor Begins:**

Contact your doula when you think you are in labor, even if you do not yet need doula services. Once you confirm you are in labor, you should contact your doula every hour, or as often as you prefer, by phone. It is up to you to decide at what point in your labor you want the doula to come and be with you at the hospital. Once you make that choice, barring any unforeseen circumstances (traffic, emergencies, etc.), your doula will arrive within 1-2 hours.

If you have an induction or a long labor, your doula may need to arrange for backup doula care. Community doulas, unlike private doulas, are only allowed to work sixteen (16) hours before needing to have backup coverage. This is for the safety of Community patients and doulas. Although Community does not like to use back up doulas, the nature of birth means that there may be a rare occasion in which your doula is unavailable. If the need for a backup doula arises, Community has a large pool of doulas who will be updated on your plan and be able to assist and support you.

**Scheduled C-Section:**

If your physician decides you need a c-section and you are scheduled, your doula will still come support you and your family. Depending on your situation, the doula may be able to accompany you to the operating room ("OR") for additional support. If your doula is unable to be in the OR, they will be waiting in the room to assist you with breast feeding and bonding.

**After Birth:**

Your doula will normally remain with you for 1-2 hours after birth until you are comfortable, and your family is ready for a quiet time together. During this time your doula can help with initiating breastfeeding.

Your doula will also contact you within a short time after the birth to help you remember your birth story and encourage you to complete an evaluation of the doula services for feedback to the program.

**Fee:**

The fee for Community Birth Doula Services is \$500.00 which includes \$50.00 for the initial prenatal visit. This \$500.00 fee must be paid in full prior to receiving an assigned doula. Community is unable to bill insurance directly for doula services, even if your insurance covers these services. All insurance plans have different requirements for billing and reimbursement, and it is your responsibility to contact your insurance company for details. Community's Birth Doula Services program may not meet requirements for all insurance plans. If you have specific questions about billing, please reach out to the doula manager prior to paying and reserving your spot at 317.621.2396.



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**Refunds:**

Due to the limited availability of Community Birth Doula Services, once you enroll, Community can only provide refunds in accordance with the cancellation terms described below. Your doula will make every effort to provide doula services. If your doula is unavailable, and Community does not provide a backup doula, you will receive a \$450.00 refund. If you fail to contact your doula at the start of your labor or at least two (2) hours prior to your delivery you will not receive a refund. It is your responsibility to communicate with your doula in a timely manner.

**Cancellation by patient:**

Due to limited doula availability, Community has a strict cancellation policy. If you decide to cancel Birth Doula Services after signing the Birth Doula Services Agreement and paying the fee, the following will apply:

- Cancellation more than eight (8) weeks before your due date – 50% refund
- Cancellation between eight (8) weeks and six (6) weeks before your due date – 25% refund
- Cancellation less than six (6) weeks before your due date – No refund

I affirm that I have read, understand, and agree with the terms of this Birth Doula Services Agreement.

\_\_\_\_\_  
Patient/Legal Representative Printed Name

\_\_\_\_\_  
Relationship to Patient

\_\_\_\_\_  
Patient/Legal Representative Signature

\_\_\_\_\_  
Date

