

# Introducing Doula Benefits



**Starting Jan. 1, 2026, members will have coverage for in-person doula services.**

**Who is eligible for this benefit?** Covered pregnant members include employees (and their covered spouse and age 18+ adult dependent children) who are covered by a health care plan administered by Blue Cross and Blue Shield of Illinois.

**What does a doula do?** A doula is a trained professional who provides expert guidance for the service of others and who supports another person (the doula's client) through a significant health-related experience, such as childbirth, miscarriage or stillbirth.

The doula's goal and role are to help the client feel safe and comfortable, complementing the role of the health care professionals who provide the client's medical care.

Doulas have expertise with relaxation and pain management techniques and offer emotional health support to the parent(s). Many doulas also offer postpartum help, including lactation support.

**What are the requirements for claim reimbursement for doula coverage?** To be eligible for reimbursement:

1. The doula must be certified by the National Black Doulas Association®, DONA International or another certifying doula agency. If doula services are rendered by a doula without doula credentials, the services are not eligible for reimbursement under the medical plan.
2. **The member must pay the doula at the time of service and then submit itemized receipts along with the Doula Claim Reimbursement Request Form for reimbursement.**
3. Contact a Benefits Value Advisor to obtain a reimbursement request form. The reimbursement request form must be completed in its entirety, including the Doula Certifying Agency and Doula Certification Number.

## Plan benefits

The doula benefit is available in addition to the standard coverage for maternity benefits. BCBSIL will reimburse you at 100% for in-person doula visits.

Call a BVA at **800-327-8497**, 24/7, prior to receiving services for complete benefit information.\*

\* Excludes major U.S. holidays.

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Benefits Value Advisors offer cost estimates for procedures and services from various providers and facilities. Lower pricing and cost savings are dependent on the provider or facility you choose. Benefits Value Advisors do not give medical advice. Talk to your doctor or health care professional about any health questions or concerns.

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