



DOULA FAQ'S



Are doulas covered by insurance?

More health care plans are starting to cover doula support including Tricare which launched Childbirth and Breastfeeding Demonstration Act* in 2022 reimbursing qualified doulas. Beneficiaries are encouraged to follow up with their insurance plan to make sure they meet the criteria to have a doula covered. Doulas listings on our website will reflect participation in the program and/or other insurance plans.



How much are doulas?

Doula fees vary and can range from no cost to several thousand dollars. Some locations even offer volunteer doula programs. JANZ Moms does not regulate doula fees.



Does a doula replace my spouse/partner?

The role of the doula never takes the place of the father/partner's support in labor but compliments and enhances the experience. By having the doula as part of the birth team, partners are free to do whatever they choose. Doulas can encourage the partner to use comfort measures and can step in if a break is needed. Having a doula allows the partner to support her emotionally during labor and birth and to also enjoy the experience.



Participating Doulas listed on our website do not work for JANZ Moms.

Doulas are vetted by JANZ and have a range of credentials and experience. They are trained and certified through a variety of doula organizations and agree to our Standards of Practice and Code of Ethics for Doulas.

Connect with a doula at your duty station by visiting our website at www.janzmoms.com

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