

CDPHP® Doula Reimbursement Form

Eligible members can use this form to request reimbursement of up to \$1,500 for out-of-pocket costs for in-person or digital doula support services rendered by a certified and/or trained doula.

Doula reimbursement is effective for members in their 2023 plan year. See your plan contract or call member services at the number on your ID card to confirm that this benefit applies to your plan. Medicaid plans are not eligible for this benefit.

Member Name: _____ Date of Birth: _____

Member ID #: _____ Phone Number: _____

DOULA SERVICE(S) <i>(e.g., prenatal services, labor and delivery support, postpartum support, etc.)</i>	DATE OF SERVICE	DOULA NAME <i>(including credentials, if applicable)</i>	TRAINING ORGANIZATION <i>(e.g., DONA, Ancient Song Doula Services, etc.)</i>	TOTAL FEES PAID*
TOTAL				

**Acceptable proofs of payment include a copy of a bill from your certified doula showing fee(s) paid or a credit card statement. Documentation must include: date(s) of service, doula or practice name, and amount paid.*

Reimbursement will be made to the subscriber and sent to the address on file.

CERTIFICATION AND AUTHORIZATION

I certify that the above statements are complete and accurate to the best of my knowledge, that I am claiming reimbursement only for charges incurred by the member listed above, and that the attached proof of payment is for the services described above.

Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information, or conceals for the purpose of misleading, information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime, and shall also be subject to a civil penalty not to exceed \$5,000 and the stated value of the claim for each such violation.

Signature _____ Date Signed _____

Please mail this form, and proof of payment to:

CDPHP
PO Box 66602 • Albany, NY 12206-6602

Discrimination is Against the Law

Capital District Physicians’ Health Plan, Inc. (CDPHP®) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Multi-language Interpreter Services

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。





Extra support for your pregnancy journey

Eligible members, covered spouses/domestic partners, and dependents can be reimbursed up to \$1,500 for out-of-pocket costs related to in-person or virtual services provided by a certified and/or trained doula who has the appropriate credentials.

FREQUENTLY ASKED QUESTIONS

Who is eligible for this benefit?

- ▶ Subscribers and covered dependents of fully insured commercial plans.
- ▶ Eligibility varies for members of self-insured plans.
- ▶ Spouses, domestic partners, and dependents covered on a CDPHP plan are eligible but should only submit one reimbursement form per pregnancy.

Example: If a spouse already submitted for a \$1,500 reimbursement for a pregnancy, the subscriber cannot submit for reimbursement for the same pregnancy.

Still not sure if you're eligible? Call CDPHP at the number on your ID card.

What is a doula?

A doula is a trained professional who provides continual physical, emotional, and informational support before, during, and shortly after childbirth to help achieve the healthiest experience possible.

Why is a doula helpful during pregnancy and childbirth?

Doula support during pregnancy has been shown to decrease the risk of cesarean and preterm birth, reduce the need for an epidural, decrease the likelihood of having a low birth weight baby or experiencing a birth complication, reduce the length of labor, and improve maternal health equity.

What types of services do doulas provide?

- ✓ Prenatal education classes
- ✓ Childbirth support
- ✓ Pregnancy support
- ✓ Postpartum support

When can I see a doula?

Before, during, and/or after pregnancy and childbirth

How do I know if my doula is certified or has received the appropriate training?

The requirements for certifying a doula varies between doula organizations. Please ask to see a doula's certification or proof of their completed doula training (this may be in the form of a certificate or a letter from the training organization) before seeking services.

Here's some information to look for on a doula certification or training certificate:

- ▶ The doula's name
- ▶ A start date and/or expiration date
- ▶ A certifying or training organization (examples include: DONA, Ancient Song Doula Services, International Black Doula Institute, and more)
- ▶ The hours and type of training the doula received

Some examples of qualifying credentials that your doula may have include:

- ▶ **CD** – certified birth doula
- ▶ **PCD** – postpartum certified doula
- ▶ **Adv. before CD or PCD** – approved as an advanced doula
- ▶ **BDT** – birth doula trainer
- ▶ **PDT** – postpartum doula trainer
- ▶ **DONA** – certified by DONA International

How do I submit for reimbursement?

- ✓ Fill out the doula reimbursement form
- ✓ Mail the form and proof of payment to:

CDPHP
P.O. Box 66602
Albany, NY 12206

What are acceptable proofs of payment?

- ▶ Copy of a bill from the doula showing fee(s) paid or a credit card statement. Doula's name or practice name, amount paid, and date(s) of payment must be included.

Tips for submitting an acceptable form:

- ✓ Check your eligibility and ensure that the Doula Reimbursement Form is completed and signed prior to submitting for reimbursement.
- ✓ Make sure you've submitted proof of payment.
- ✓ Submit for reimbursement up to two times per pregnancy for a total of \$1,500 or less.

For help finding a qualified doula, ask your doctor (or OBGYN) for their recommendation or check out the search tools at doulamatch.net or DONA International at dona.org. The CDPHP Care Team can also help you find support and can be reached at 1-888-942-3747.

