

Birth Doula Benefit for Kaiser Permanente Northwest OEBB Members

Kaiser Permanente Northwest will cover doula services for the eligible birthing parent (pregnant person) enrolled in medical benefits through the Oregon Educators Benefit Board (OEBB).

What's covered?

- Up to eight (8) visits during pregnancy and postpartum (after delivery).
- Inpatient hospital services provided by a doula.

Plan benefits 2024-2025

Plan	Prenatal/postpartum (Up to 8 visits per year)	Inpatient hospital services provided by a doula*
Plan 1	\$0	\$0
Plan 2A	\$0	20% coinsurance after deductible
Plan 2B	\$0	20% coinsurance after deductible
Plan 3	\$0	20% coinsurance after deductible

*This benefit summary does not fully describe your benefit coverage with Kaiser Foundation Health Plan of the Northwest. In the case of a conflict between this summary and the *Evidence of Coverage (EOC)*, the EOC will prevail. This summary applies to Kaiser Permanente OEBB only.

Costs should be discussed with your doula, including if they will bill you for any balance owed above what your plan benefit covers. You may be responsible for any charges above the payment amounts below:

- Prenatal and postnatal visits: \$215 per visit (up to 8 visits).
- Birth and delivery support: \$645.

Kaiser Permanente is now contracted with Doula Love and Community Doula Alliance to offer OEBB members a diverse network of doulas to choose from. This collaboration ensures a seamless billing experience with no balance billing.



All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest. 500 NE Multnomah St., Suite 100, Portland, OR 97232.

How to choose a doula?

Effective October 1, 2025, you will be required to seek services through Doula Love or Community Doula Alliance.

Doula Love: www.portlanddoula.com

Community Doula Alliance: www.communitydoulalliance.com

Prior to October 1, 2025, you may select any doula provider of your choosing with a valid National Provider Identifier (NPI) and Tax Identification Number (TIN).

Selecting a doula can be a personal and important decision. Here are some simple steps to help you through the process:

1. **Research:** Start by looking for doulas in your area. Use online directories, local birthing centers, or recommendations from friends or health care providers.
2. **Interview doulas:** Set up interviews with a few doulas. Prepare questions about their experience, philosophy, and approach to birth.
3. **Check credentials and reviews:** Look at the doula's profile and certifications, and read reviews from other families. Some doulas may be state certified or designated as a Traditional Health Worker. Most or all doulas will have completed a rigorous doula training program.
4. **Evaluate your needs:** Determine what type of doula you need (birth doula, postpartum doula, etc.) and what specific services you're looking for.
5. **Review fees:** Discuss costs up front. Understand what is included in their services.
6. **Check availability:** Confirm that the doula is available around your due date and understands your birth plan.
7. **Make your decision:** After considering all factors, choose the doula who best fits your needs. Once you've selected your doula, stay in touch and communicate your preferences and any concerns throughout your pregnancy.

Following these steps can help ensure you find a doula who supports your birth experience effectively.

For more information about maternity care at Kaiser Permanente, please visit kp.org/maternity



KAISER PERMANENTE®

All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest. 500 NE Multnomah St., Suite 100, Portland, OR 97232.