

LOCAL DOULAS ACCEPTING APPLE HEALTH



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Doulas support people of all backgrounds, cultures, and family structures.

Services vary by provider.

Contact doulas directly for availability and language support.

Free interpretation services may be available through your healthcare provider.

PREGNANCY AND POSTPARTUM SUPPORT



You may be eligible for free Doula support through Apple Health (Medicaid)

A Doula is a trained professional who provides emotional, physical, and informational support during pregnancy, labor, birth, and the early postpartum.

This list includes local Doulas serving Chelan and Douglas Counties who accept Apple Health (Medicaid).

Research shows that continuous labor support is associated with **improved birth outcomes**, including:

- Lower cesarean rates
- Reduced use of interventions
- Shorter labor
- Increased satisfaction with the birth experience

Doula care is also linked to improved breastfeeding initiation.

Source: Bohren et al, 2017; Kozhimannil et al, 2013

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