



# We're growing the doula program for our Walmart families

## *Doula program details*

Effective November 1, 2023, the doula benefit is available to **nationwide** to participants enrolled in the Premier, Contribution, Saver, or Local medical plan option.

### About the program:

- This program is available to **associates, spouse/partners, and dependent children** who are pregnant and enrolled in an eligible Walmart medical plan.
- The benefit covers **up to \$1,000** for doula services per pregnancy.
- The benefit is part of the enrollment in the Life with Baby Program.
- To get started, participants should call the phone number on the back of their benefits card and the care manager who supports the Life with Baby program will guide them on next steps to access doula services.
- New as of November 1, 2023, participants can access a **virtual doula** through Kindbody. This virtual doula program provides virtual doula care, education, and resources to support you through pregnancy, birth, and postpartum, all with a goal to facilitate optimal outcomes for you and your baby. Learn more at [www.Kindbody.com/Walmart](http://www.Kindbody.com/Walmart).
- In-person doulas must be credentialed through DONA International or the National Black Doula Association, **or** agree to sign an attestation form indicating that they have completed professional doula training if affiliated with another doula organization.

### About doulas:

- A doula is a person who gives **physical, emotional, and informational support** and guidance to a mother during pregnancy and birth. Their services include:
  - Educating the expectant mother on what to anticipate during delivery,
  - Focusing on emotional support and encouragement,
  - Providing information and assistance with physical comfort during childbirth, such as breathing techniques and touch therapy,
  - Helping to facilitate communication between the expectant mother and the medical care team, and
  - Aiding the expectant mother to prepare for feeding and caring for baby.
- Doulas aren't medical professionals, but they are trained to help support mothers through the process of labor and delivery and can have a **positive impact on the well-being of the entire family.**