



FIDELIS CARE®

# Doula Services Program

TAKING CARE OF YOU

## Best wishes on your pregnancy!

We know you will have questions about your pregnancy and your baby. That is why Fidelis Care has doula services for pregnant members. A doula is a trained professional who gives you emotional and physical support during your pregnancy and childbirth. In addition, Doula Services help access community resources, lactation/breastfeeding education, and much more.



### During pregnancy, doulas offer support by:

- Answering questions about the childbirth process
- Developing a birth plan



### At delivery:

- Stays with you constantly to provide comfort and support
- Helps you communicate your preferences to the medical staff



### After delivery:

- Assists in breastfeeding support
- Provides support and encouragement after you bring your baby home



## Would you like to learn more?

We will be happy to help you! Please call our Care Management team at: **1-844-901-3781** (TTY: **711**)

**1-888-453-2534 (TTY: 711)**  
**fideliscarenj.com** 

CAD\_68402E\_ State Approved 06162021  
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Fidelis Care complies with all applicable federal civil rights laws. We do not exclude or treat people in a different way based on race, color, national origin, age, disability or sex.

If English is not your first language, we can translate for you. We can also give you info in other formats. That includes Braille, audio and large print. Just give us a call toll-free. You can reach us at **1-888-453-2534**. For TTY, call **711**.

Si el español es su idioma materno, podemos traducir la información para usted. También podemos proporcionarle información en otros formatos, entre ellos, Braille, audio y letra grande. Solo llámenos, sin costo alguno. Puede comunicarse con nosotros llamando al **1-888-453-2534**. Para TTY, llame al **711**.

若您中文是您的第一語言，我們可以為您翻譯。我們也提供其他格式的資訊，包括點字版、音訊和大字印刷。請致電免費專線 **1-888-453-2534**。TTY 請撥打 **711**。