

Doula Services

DRAFT



Medicaid Medical Coverage Policy

Original Effective Date: 08/22/2022

Effective Date: XX/XX/XXXX

Review Date: 08/05/2025

Policy Number: LA.CLI.021.001

~~Policy Number:~~ LA.CLI.021

Line of Business: Medicaid

State: LA

Table of Contents

[Description](#)

[Coverage Limitations](#)

[References](#)

[Appendix](#)

[Coverage Determination](#)

[Coding Information](#)

[Change Summary](#)

Disclaimer

The Medical Coverage Policies are reviewed by the Humana Medicaid Coverage Policy Adoption (MCPA) Forum. Policies in this document may be modified by a member's coverage document. Clinical policy is not intended to preempt the judgment of the reviewing medical director or dictate to health care providers how to practice medicine. Health care providers are expected to exercise their medical judgment in rendering appropriate care. Identification of selected brand names of devices, tests and procedures in a medical coverage policy is for reference only and is not an endorsement of any one device, test, or procedure over another. Clinical technology is constantly evolving, and we reserve the right to review and update this policy periodically. References to CPT® codes or other sources are for definitional purposes only and do not imply any right to reimbursement or guarantee of claims payment. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any shape or form or by any means, electronic, mechanical, photocopying or otherwise, without permission from Humana.

Summary of Changes:

No changes; reviewed due to an annual review.

Scope:

Description

This policy applies to all Humana Healthy Horizons® in Louisiana (Plan) associates who administer, review, or communicate covered physical and behavioral health benefits and services to eligible enrolled members.

The purpose of this policy is to describe and provide guidance regarding Humana Healthy Horizons (HHH) in Louisiana process for ILOS Doula Services. A doula is a trained professional who provides continuous physical, emotional, and informational support to a mother before, during and after childbirth to help her achieve the healthiest, most satisfying experience possible.

In lieu of services are services that LDH determines the alternative service or setting is a medically appropriate and cost-effective alternative for the covered benefit and services.

Humana Healthy Horizons in Louisiana will offer Doula Services to reduce adverse pregnancy health outcomes and health disparities by supporting pregnant members in the prenatal period, during labor and delivery, and in the postpartum period. Doulas offer physical, emotional, and educational support to supplement pregnancy

~~and postpartum health care services and support pregnant members to receive healthy, safe, and equitable prenatal and postnatal care. HHH covers these in lieu of Doula Services. The member is not required by Humana Healthy Horizons to use these alternative services.~~

~~Research indicates that women who have continuous support during labor are less likely to have c-sections, more satisfied with their experience, have shorter births, and their babies are less likely to have low five-minute Apgar scores. Other research from community-based doula programs found that program participants had lower rates of preterm birth and low birthweight babies. There is also evidence to indicate that women are less likely to experience postpartum depression and higher breastfeeding initiation.~~

Policy:

~~HHH offers the Doula Services to any pregnant member. Members will continue to participate with all routine obstetrical care and may need Maternal Fetal Medicine physicians and other subspecialists.~~

~~Doula Services supplement routine prenatal care by assuring the member receives safe, healthy, and equitable prenatal, labor and delivery, and postnatal healthcare.~~

- ~~• Doula providers shall be in good standing on the Louisiana Department of Health Doula Registry, if one exists at the time of providing Doula Services.~~
- ~~• Doula providers must enroll with Louisiana Medicaid Provider Enrollment at such time an invitation to enroll is extended.~~
- ~~• Doula providers must bill for Doula Services in accordance with HHH requirements.~~
- ~~• Doula providers may not have been excluded, barred, suspended, or otherwise lawfully prohibited from participation in any government healthcare program. Doulas may provide:~~

Before Birth (Prenatal):

- ~~• Prenatal doula advocacy visits (\$9445) are available to include up to five (5) prenatal visits.~~
 - ~~• A doula helps prepare for childbirth by explaining a healthy pregnancy, practice coping techniques to manage discomfort experienced during labor and practice relaxation and therapeutic touch.~~
 - ~~• Doulas may offer suggestions and referrals to address social determinants of health such as food and baby care items.~~
 - ~~• Doulas may help a member design a birth plan to reflect their preferences, recognizing variances occur and the birth plan may require adjustment.~~
- ~~**During Labor and Delivery**~~
- ~~• A doula joins a member during the active labor phase and stays throughout the duration of labor and birth phase.~~
 - ~~• Doulas provide physical and emotional support and encouragement to members and their partner/family.~~
 - ~~• Doulas help members practice coping techniques and comfort measures and provide suggestions as labor progresses.~~
 - ~~• Doula attendance at a birth (99199) one (1) time.~~

After birth (Postnatal):

- ~~• Doulas may stay for a short time after the birth and provide physical and emotional support.~~
- ~~• Doulas may visit the home for a postpartum visit and answer questions about newborn feeding, newborn care and discuss concerns about the birthing experience.~~
- ~~• Postnatal doula advocacy visits (\$9445) are available to include up to three (3) postnatal visits.~~
- ~~• Doulas have a responsibility to refer to the provider for all clinical concerns outside their scope of practice.~~
- ~~• Doulas have a responsibility to report any physical or behavioral health concerns to the provider that could put the baby or mother at risk.~~

MCO Responsibilities

- ~~• HHH offers ILOS and submits all in lieu of service programs for LDH approval in accordance with the MCO Manual.~~
- ~~• The utilization and actual cost of in lieu of Doula Services is considered in developing the component of the capitation rates that represents the MCO covered services unless a statute or regulation explicitly requires otherwise.~~
- ~~• Outcome metrics will be monitored for effectiveness of the program.~~

- In lieu of Doula Services will be provided in a setting that is medically appropriate and as a cost-effective substitute for the service or setting under the state plan.
- Members utilizing doula services will be referred to quality management if potential quality of care concerns are identified.
- HHH will bill encounters with the NPI of the doula organization or individual doula provider.
- Initial doula services will be approved without prior authorization with the limits of initial services as noted in the proposed service plan.
- NPI is required on all doula service claims and encounters.
- Provider registry requirements:
- Provider type – DL, Doula Service Provider
- Provider specialist 1V – Doula individual, entity type 1
- PS 1W – Doula organization entity type 2
- Taxonomy 374J00000X for organization and individual doula provider types
- Members receiving doula care will be referred to care management for additional assistance/monitoring as appropriate. Care Management will review subsequent services to ensure members are receiving appropriate medical care and care coordination.
- Doula providers shall be on HHH's provider registry.

Staff Qualifications, credentialing, process, and levels of supervision (administrative and clinical) required:

- HHH Doula certification requirements include only those certifications required by the LDH Doula Registry Board if such exist at time of service.

A doula is an individual who has been trained to provides continuous physical, emotional and educational support to pregnant and birthing women and their families before, during and after childbirth to help achieve the healthiest, most satisfying experience possible.

Doula treatment or care involves maternal healthcare services rendered by a registered doula in Louisiana. Doula's must hold registered doula status, granted by the Louisiana Doula registry Board

Research has demonstrated that support from a doula is associated with lower cesarean section rates, fewer obstetric interventions, fewer complications during and after childbirth, decreased use of pain medication, shorter labor hours, and higher scores on the Appearance, Pulse, Grimace, Activity, and Respiration (APGAR) test, which indicates how well the baby is doing outside the womb.⁵

Authorizations:

- HHH provides for in lieu of covered services that are no more restrictive in amount, scope and duration than is covered in Medicaid Fee for Service (FFS).
- Compared with Medicaid FFS, the MCO has the flexibility to cover services in a greater amount, scope, or duration, or to an expanded patient group, if deemed medically necessary.
- The MCO has the flexibility to reimburse for the procedure codes not on Medicaid FFS when medically necessary.
- For those services not covered under the state plan, the contract identifies requirements for in lieu of services and value-added benefits that the MCO may offer.

Procedures:

- Doulas will be listed in the provider directory. Humana Procedure(s) 4
- Expectant parents can self refer or be referred to a doula by their Provider, Care Manager, or Community Health Worker.
- Doulas will submit claims through a secure, agreed upon process with HHH.

Fee Schedule:

Description	CPT Code	Rate	Visits
Prenatal Doula Visits	S9445	\$75.00	8 max
Doula Visits	S9445	\$75.00	8 max
Delivery attendance by Doula	99199	\$450.00	1 max

Coverage Determination

Humana Healthy Horizons in Louisiana members may be eligible under the Plan for doula treatment or care when ALL of the following are met:⁴

- **The individual is enrolled in Louisiana Medicaid; AND**
- **A licensed healthcare provider has certified that the individual is pregnant or in the postpartum period; AND**
- **The pregnant or postpartum individual requests or consents to the use of doula services**
- **The individual will continue to participate with all routine and/or specialty obstetrical care.**

Prenatal Doula Services:

- **Advocacy visits (S9445) include up to five (5) prenatal visits for up to ninety minutes for the following indications:**
 - **Prepare individual for childbirth by explaining a healthy pregnancy, practice coping techniques to manage discomfort experienced during labor, and practice relaxation and therapeutic touch**
 - **Offer suggestions and referrals to address social determinants of health such as food and baby care items**
 - **Help individual design a birth plan to reflect their preferences, recognizing variances occur and the birth plan may require adjustment during labor and delivery**

Delivery Doula Services

- **Doula attendance at a vaginal or cesarean delivery [99199 one (1) time] includes the following:**
 - **Being physically present and supporting the individual during the active labor phase and staying throughout the duration of labor and birth phase**

- Providing suggestions and helping the individual practice coping techniques and comfort measures as labor progresses
- Doulas provide physical and emotional support and encouragement to individuals and their partner/family

Postnatal (after birth) Doula Services Include:

- Advocacy visits (S9445) include up to three (3) postnatal visits for up to ninety minutes for the following indications:
 - Provide physical and emotional support for a short time after the birth
 - Perform a postpartum visit and answer questions about newborn feeding, newborn care, and discuss concerns about the birthing experience
- Doulas have a responsibility to refer to the provider for all clinical concerns outside their scope of practice
- Doulas have a responsibility to report any physical or behavioral health concerns to the provider that could put the baby or mother at risk

Definitions:

Doula—A doula is a trained professional who provides continuous physical, emotional and informational support to a mother before, during and after childbirth to help her achieve the healthiest, most satisfying experience possible.

In Lieu of Service (ILOS)—A medically appropriate service outside of MCO Covered Services or settings (or beyond service limits established by Louisiana Department of Health (LDH) for MCO Covered Services) that are provided to enrollees, at their option, by the Contractor as a cost-effective alternative to an MCO Covered Service or setting.

Coding Information

Any codes listed on this policy are for informational purposes only. Do not rely on the accuracy and inclusion of specific codes. Inclusion of a code does not guarantee coverage and/or reimbursement for a service or procedure.

<u>CPT® Code(s)</u>	<u>Description</u>	<u>Comments</u>
<u>99199</u>	<u>Unlisted special service, procedure, or report</u>	
<u>CPT® Category III Code(s)</u>	<u>Description</u>	<u>Comments</u>
<u>No code(s) identified</u>		
<u>HPCS Code(s)</u>	<u>Description</u>	<u>Comments</u>

S9445	<u>Patient education, not otherwise classified, non-physician provider, individual, per session</u>	
--------------	--	--

Contract References:

Medicaid Managed Care Organization Contract Attachment C: In Lieu of Services

References

1. **Louisiana Administrative Code Title 48-5-57 Doula Registration. Louisiana Division of Administration: Office of State Registrar. <https://doa.la.gov/doa/osr/louisiana-administrative-code>.**
2. **Louisiana Department of Health (LDH). Louisiana Doula Registry. <https://ldh.la.gov>.**

Louisiana Department of Health Doula Registry Board
3. **Louisiana Department of Health (LDH). Doula Registry Board. <https://ldh.la.gov>.**

Louisiana Medicaid Managed Care Organization (MCO) Manual
4. **Louisiana State Legislature. Act 228 (2025). <https://legis.la.gov>.**
5. **National Partnership for Women & Families. Continuous Support for Women During Childbirth: 2017 Cochrane Review Update Key Takeaways. J Perinat Educ. 2018 Oct;27(4):193-197.**

Version Control:

Change Summary

8/22/22: Policy creation-Approved by LDH for Readiness

5/15/23: Approved by LA UM Committee

9/26/23: Changed to new template

10/28/2024: Annual Review, minor grammatical changes and updated references to the most recent edition reviewed

8/5/2025: Annual Review. New Medical Coverage Policy Template. Updated Guidance per ACT 228

Appendix

Billing Guide

<u>Description</u>	<u>CPT Code</u>	<u>Rate</u>	<u>Visits</u>
<u>Prenatal Doula Visits</u>	<u>S9445</u>	<u>\$75.00</u>	<u>5 max</u>
<u>Postnatal Doula Visits</u>	<u>S9445</u>	<u>\$75.00</u>	<u>3 max</u>
<u>Delivery attendance by Doula</u>	<u>99199</u>	<u>\$450.00</u>	<u>1 max</u>

Non-Compliance:

~~Failure to comply with any part of Humana's policies, procedures, and guidelines may result in disciplinary actions up to and including termination of employment, services, or relationship with Humana. In addition, state and/or federal agencies may take action in accordance with applicable laws, rules, and regulations.~~

~~Any unlawful act involving Humana systems or information may result in Humana turning over all evidence of unlawful activity to appropriate authorities. Information on handling sanctions related to noncompliance with this policy may be found in the Expectations for Performance, and Critical Offenses policies, both of which may be found in the Associate Support Center via Humana's secure intranet on Hi! (Workday & Apps/Associate Support Center).~~