



# Doula and Me

*A doula program to guide  
and support expectant  
moms through pregnancy.*



## SPECIAL DELIVERIES PRESENTS: DOULA AND ME

Congratulations on your pregnancy! This is a happy time. But there's a lot to prepare for. MHS cares about you and your baby. We will be here for you through your whole pregnancy and even after you give birth!

MHS' Special Deliveries Program offers **Doula and Me** at no cost to you. This program can help you through the stages of pregnancy and childbirth. There is also support for after your baby is here. Once enrolled you will get one-on-one care with a Maternal Community Health Worker. You will also get access to Doula services and pregnancy education. We will help you with any needs you may have on your path to parenthood.

### THE DOULA AND ME PROGRAM CAN:

- Care for you through pregnancy and after childbirth.
- Help get you to your doctor visits.
- Lend support during those visits.
- Work with your doctors to get the best care for you and your baby.
- Share education resources, like prenatal and parenting classes.
- Give you 24/7 access to Doula and Lactation support.
- Help with everyday needs, like food, housing and transportation.
- Assist you in getting items you may need. This could be for pregnancy or after your baby is born.
- Breastfeeding support and info.

### ***How Do I Enroll? It's easy!***

Call **1-877-647-4848**. Tell us you would like to enroll in the Special Deliveries Doula and Me Program. We will take it from there.



Hoosier  
Healthwise



Hoosier  
CARE CONNECT

**MHSINDIANA.COM**