



<u>Department: Health Equity and Population Health</u>	<u>Policy and Procedure No: MAR-LA-95</u>	
<u>Policy and Procedure Title: Doula Services as an In Lieu of Service</u>		
<u>Process Cycle:</u>	<u>Responsible Departments:</u> <u>Health Equity and Population Health</u> <u>Care Management</u> <u>Provider Relations</u>	
<u>Approved By:</u> <u>Tish Anderson</u>	<u>Issue Date:</u> <u>09/01/2022</u>	<u>Revised:</u> <u>11/30/2022</u>

**CONTRACT REFERENCE:**

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

**ACRONYMS & 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.

**PURPOSE:**

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.<sup>i</sup> Other research from community-based doula programs found that program participants had lower rates of preterm birth and low birthweight babies.<sup>ii</sup> There is also evidence to indicate that women are less likely to experience postpartum depression<sup>iii</sup> and higher breastfeeding initiation.<sup>iv</sup>

## POLICY AND PROCEDURE:

### 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 (S9445) 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):

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- 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 ( S9445) 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.

## 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.

#### Fee Schedule

<u>Description</u>	<u>CPT Code</u>	<u>Rate</u>	<u>Visits</u>
<u>Prenatal/Postnatal Doula Visits</u>	<u>S9445</u>	<u>\$75.00</u>	<u>8 max</u>
<u>Delivery attendance by Doula</u>	<u>99199</u>	<u>\$450.00</u>	<u>1 max</u>

#### Procedure:

- Doulas will be listed in the provider directory.
- 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.

#### ADDITIONAL RESOURCES:

- Louisiana Medicaid Managed Care Organization (MCO) Manual
- Louisiana Department of Health Doula Registry Board

#### VERSION CONTROL:

<u>Version.Review.Approval History</u>				
<u>Department:</u>	<u>Purpose of Review:</u>	<u>Reviewed and Approved By:</u>	<u>Date:</u>	<u>Additional Comments:</u>
<u>Health Equity and Population Health</u>		<u>Kimberly Williams</u>	<u>09/09/2022</u>	
<u>Market Operations</u>	<u>Policy realignment</u>	<u>Tish Anderson</u>	<u>11/30/2022</u>	

DISCLAIMER:



Humana follows all federal and state laws and regulations. Where more than one state is impacted by an issue, to allow for consistency, Humana will follow the most stringent requirement.

This document is intended as a guideline. Situations may arise in which professional judgment may necessitate actions that differ from the guideline. Circumstances that justify the variation from the guideline should be noted and submitted to the appropriate business area for review and documentation. This (policy/procedure) is subject to change or termination by Humana at any time. Humana has full and final discretionary authority for its interpretation and application. This (policy/procedure) supersedes all other policies, requirements, procedures or information conflicting with it. If viewing a printed version of this document, please refer to the electronic copy maintained by CMU to ensure no modifications have been made.

#### NON-COMPLIANCE:

Failing 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 non-compliance 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 of Hi! (Workday & Apps/Associate Support Center).

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<sup>i</sup> Bohren MA, Hofmeyr G, Sakala C, Fukuzawa RK, Cuthbert A. Continuous support for women during childbirth. Cochrane Database of Systematic Reviews 2017, Issue 7. Art. No.: CD003766. DOI: 10.1002/14651858.CD003766.pub6

<sup>ii</sup> Thomas, MP., Ammann, G., Brazier, E. *et al.* Doula Services Within a Healthy Start Program: Increasing Access for an Underserved Population. *Matern Child Health J* 21, 59–64 (2017). <https://doi.org/10.1007/s10995-017-2402-0>

<sup>iii</sup> Wendy-Lynne Wolman, Beverley Chalmers, G. Justus Hofmeyr, V. Cheryl Nikodem, Postpartum depression and companionship in the clinical birth environment: A randomized, controlled study, *American Journal of Obstetrics and Gynecology*, Volume 168, Issue 5, 1993, Pages 1388-1393. Retrieved February 10, 2022 from <https://www.sciencedirect.com/science/article/abs/pii/S0002937811907704>

<sup>iv</sup> Kozhimannil, K.B., Attanasio, L.B., Hardeman, R.R. and O'Brien, M. (2013), Doula Care Supports Near-Universal Breastfeeding Initiation among Diverse, Low-Income Women. *Journal of Midwifery & Women's Health*, 58: 378-382. <https://doi.org/10.1111/jmwh.12065>