

 United Healthcare	DEPARTMENT: Medical Management
LOCAL HEALTH PLAN: Louisiana	LINE OF BUSINESS: Medicaid
TITLE: In Lieu of Services: Doula Services	NUMBER: LA013.2
EFFECTIVE DATE: 7/19/2024	AUTHORIZED BY: CMO Louisiana
LAST REVIEW: 7/19/2024	

I. PURPOSE:

To provide the United Healthcare Community & State of LA (UHC C&S LA) plan policy for In Lieu of Services: Doula Services based on criteria outlined in the Louisiana Department of Health (LDH) model contract.

II. BACKGROUND:

The United States has one of the highest rates of maternal deaths in the world among high-income countries. In the US, the rate is higher within Black, Indigenous and People of Color (BIPOC) communities. It has been shown that doula care may improve pregnancy outcomes for the BIPOC population and, as a result, addresses health equity and reduces maternal and infant morbidity and mortality rates among this population.

Doulas provide non-clinical emotional, physical, and informational support to pregnant individuals and new parents. This encompasses care both during a pregnancy and in the postpartum period.

Role of a Doula:

A Doula provides non-clinical support that might include:

- Developing a birth plan and comfort measures during pregnancy
- Emotional and physical recovery, bonding, and feeding techniques during the postpartum period
- Education on coping skills
- Encouragement of bodily autonomy and personal advocacy in the medical institution
- Referrals to community services to address unmet social needs

III. DEFINITIONS:

In Lieu of Service (ILOS) - A medically appropriate service outside of MCO Covered Services or settings (or beyond service limits established by 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.

2.4.1 The Contractor may, at its option, cover services or settings for Enrollees that are in lieu of MCO Covered Services if the following conditions are met, as required in 42 CFR §438.3(e)(2)(i)-(iii):

2.4.1.1.1 LDH determines that the alternative service or setting is a medically appropriate and cost

effective substitute for the MCO Covered Service or setting under the State Plan;

2.4.1.1.2 The Enrollee is not required by the Contractor to use the alternative service or setting; and

2.4.1.1.3 The approved In Lieu of Services are authorized and identified in Attachment C, *In Lieu of Services*. Additional guidance and service policies are provided in the MCO Manual.

IV. POLICY PROVISIONS:

UHC C&S LA will cover doula services during all stages of pregnancy-prenatal, labor and delivery, and postpartum up to one year after delivery.

Any clinical provider may refer an enrollee for doula services and doula care, or enrollees may self-refer for doula services.

Doula care shall be provided in conjunction with appropriate medical care from a licensed clinician.

- Doulas shall not perform clinical tasks, diagnose medical conditions, offer second opinions, give medical advice, or make decisions for their clients.
- Doulas have a responsibility to refer to clinicians when they encounter issues outside of their scope of practice and/or those that can put an enrollee at risk.

Services provided by doulas are intended to be person-centered and individualized based on the needs of the individual.

UHC C&S LA will align with LDH regarding the use of doula registries and policies to ensure doulas receive appropriate certification and/or training and meet minimum requirements outlined.

V. AUTHORIZATIONS:

UHC C&S LA provides in lieu covered services that are no more restrictive in amount, scope and duration than is covered in the 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 the 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.

VI. SCHEDULE/CODES

<u>CP Description</u>	<u>CPT Code</u>
<u>Childbirth class, per session</u>	<u>S9442</u>
<u>Lactation class, per session</u>	<u>S9443</u>
<u>Prenatal/Postpartum visit, individual, per session</u>	<u>S9445</u>
<u>Prenatal/Postpartum visit, individual (prn), per session</u>	<u>99404</u>
<u>Doula attendance at birth</u>	<u>99199</u>

Initial doula services will be approved without prior authorization with the limits of initial services as noted in the proposed service plan.

VII. REFERENCES:

1. CONTRACT BETWEEN STATE OF LOUISIANA – LOUISIANA DEPARTMENT OF HEALTH Bureau of Health Financing AND UnitedHealthcare of Louisiana, Inc. dba United Healthcare Community Plan Effective 01/01/2023
2. Medicaid Managed Care Organization Contract-Attachment C: In Lieu of Services

VIII. APPROVED BY:

Dr. Glenda Johnson, MD, FACOG
UHCLA Community and State Medical
Director

7/19/2024

Date

IX. REVIEW HISTORY:

<u>Effective Date</u>	<u>Key update from Previous Version</u>	<u>Reason for Revision</u>
<u>7/19/2024</u>	<u>Created</u>	