

Blue Cross Complete of Michigan Doula Registry

The Blue Cross Complete of Michigan Doula Registry provides information regarding doulas who have been verified as completing a Michigan Department of Health and Human Services-approved doula training, including area served, doula specialty, and ability to serve Medicaid beneficiaries. Contact the doulas listed below to find out if they're accepting new clients.

Southeastern Michigan

Exie Buehler | Tranquil Touch for Women

734-751-3475 | exie@tranquiltouchforwomen.com | tranquiltouchforwomen.com

- **Doula practice:** Labor and birth, other
- **Areas served:** Oakland, Washtenaw and Wayne counties
- **Specialties:** Childbirth Educator, Perinatal Mental Health Coach

Lakeshia Grant | Health Connect One

313-957-9610 | lakeshia84@gmail.com

- **Doula practice:** Community based
- **Areas served:** Wayne County
- **Specialties:** Childbirth Educator
- **Special population:** Black Communities

Lorenda Lewis | Healing with Dignity, LLC

313-254-5464 | lorendal@healingwithdignity.com | healingwithdignity.com

- **Doula practice:** Labor and birth, postpartum, community based, other
- **Areas served:** Wayne County
- **Specialties:** Nutritional Doula, Full Circle, CLC, CBE, CPR/First Aid Instructor
- **Special population:** Black, Indigenous, Middle Eastern and Muslim communities
- **Bilingual:** Some Arabic



Lorrie Murrel | C.A.R.E Doula Services, LLC

313-505-7700 | caredoulaservicesllc@gmail.com | caredoulaservicesllc.com

- **Doula practice:** Labor and birth
- **Areas served:** Metro Detroit and surrounding areas

Keisha Watkins-Dukhie | Ebb & Flo Birthing Services

248-765-6183 | ebbflodoula@gmail.com | ebbandflodoula.com

- **Doula practice:** Labor and birth, postpartum, community based, other
- **Areas served:** Macomb, Oakland, Wayne and Washtenaw counties
- **Special population:** Black and LGBTQIA+

Lower Peninsula

Krystal Barnhart | Northern Sun Birth Services LLC

989-820-2817 | northersunbirth@yahoo.com | northersunbirthservices.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** St. Clair County – McLaren Port Huron
- **Specialties:** Lamaze Certified Childbirth Educator (LCCE), Peer Lactation Specialist
- **Special population:** LGBTQIA+

Thumb Area

Tiffany Kahofer | Black River Birth Services, LLC

O:810-328-3559 | C:810-712-1310

info@blackriverbirthservices.com | blackriverbirthservices.com

- **Doula practice:** Labor and birth, postpartum, other
- **Areas served:** St. Clair County – McLaren Port Huron
- **Specialties:** Childbirth Educator, offering in-person and telehealth visits



Nondiscrimination Notice and Language Services

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- Provides free (no cost) aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Information in other formats (large print, audio, accessible electronic formats)
- Provides free (no cost) language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Blue Cross Complete of Michigan Customer Service, 24 hours a day, 7 days a week at **1-800-228-8554** (TDD/TTY: **1-888-987-5832**).

If you believe that Blue Cross Complete of Michigan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with:

- **Blue Cross Complete of Michigan Member Grievances**
P.O. Box 41789
North Charleston, SC 29423
1-800-228-8554
(TDD/TTY: **1-888-987-5832**)
- If you need help filing a grievance, Blue Cross Complete of Michigan Customer Service is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, through the Office for Civil Rights Complaint Portal available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019
(TDD/TTY: **1-800-537-7697**)

Complaint forms are available at:
hhs.gov/ocr/office/file/index.html.

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