

# DOULA UPDATE



## Help expectant mothers navigate gestational diabetes

As a Blue Cross Complete doula, you are a vital source of support and guidance for expectant mothers throughout pregnancy, labor, and postpartum recovery. One common condition you may encounter among members is gestational diabetes – a form of diabetes that develops during pregnancy and can affect both the mother’s and baby’s health if not properly managed.

Your role as a doula can make a meaningful difference for pregnant members facing this diagnosis. While you do not provide medical care, you can offer emotional support, help reduce stress and reinforce the importance of following the care plan set by a health care provider. Encouraging members to maintain healthy eating habits, stay active (as advised by their provider), and monitoring their blood sugar levels can be critical to a healthy pregnancy.

You can also help members prepare for labor and delivery by discussing how gestational diabetes may impact their birth plan and reminding them of their Blue Cross Complete benefits, such as access to continuous glucose monitors, blood pressure monitors and supplies.

By staying informed and offering knowledgeable support, you can help empower members to better manage their health to create a healthier pregnancy and birthing experience.

## Encourage members to use important benefits

As a trusted doula with Blue Cross Complete, you play a vital role in supporting our members through every stage of their pregnancy journey. We encourage you to remind members that their Blue Cross Complete health plan includes doula services that provide physical, emotional and educational support during pregnancy, labor and delivery, and after birth.

Doulas can help members reduce stress, improve birth outcomes, and feel empowered to make informed decisions about their care. By offering continuous support, you can help members feel more confident and cared for, which can help lead to a more positive birth experience. It is important to talk to members about the full benefits of working with a doula, and how your support can make a lasting difference in their health and the well-being of their child.

Any licensed health care provider can recommend you for doula services, including a licensed practical nurse, registered nurse, social worker, midwife, nurse practitioner, physician assistant, certified nurse-midwife or doctor. You can receive up to 12 total doula visits during the pregnancy and postpartum periods, and one additional visit for labor and delivery. Doulas providing services to Medicaid members are required to be registered with the Michigan Department of Health and Human Services and enrolled as Medicaid providers.

## Dental visits are crucial during pregnancy

For pregnant people, maintaining good oral health is more than a matter of a bright smile – it’s a critical part of helping to ensure the overall health for both pregnant people and their babies.

Blue Cross Complete is reminding dentists, doulas and health care providers that all Medicaid members ages 21 and older and Healthy Michigan Members ages 19 and older have dental coverage through Blue Cross Complete. These providers have access to pregnant individuals and can urge their patients to prioritize regular dental check-ups, emphasizing the connection between good oral health and healthy pregnancy outcomes.

During pregnancy, hormonal changes can increase the risk of oral health issues like gum disease and tooth decay. These conditions, if left untreated, can potentially lead to complications, including premature birth, low birth weight, and preeclampsia. Doula providers are encouraged to remind their patients that healthy teeth are an important part of a healthy pregnancy.

Blue Cross Complete covers dental benefits, including dental exams, cleanings and extractions for members. Additional dental benefits are also available to members. Members may call Dental Customer Service at **1-844-320-8465** for full details.

If members have questions, contact your Blue Cross Complete provider account executive or the Blue Cross Complete Provider Inquiry at 1-888-312-5713.

\*Our website is [mibluecrosscomplete.com](https://mibluecrosscomplete.com). While website addresses for other organizations are provided for reference, Blue Cross Complete doesn’t control these sites and isn’t responsible for their content.