

## Focus on the Doula Benefit

### What is a doula?

A doula provides non-clinical support and care to a woman (and her partner) during childbirth and the postpartum (after delivery) period.

### What are the criteria for using the benefit?

There are three criteria that need to be met before you can qualify for the Doula Benefit:

- Your gynaecologist needs to be on the list of Momentum Medical Scheme's Associated Specialists;
- You need to be planning to have a natural birth; and
- The doula must have a valid practice number (this means that they should be accredited by DOSA or WOMBS).

### What are the benefits?

Momentum Medical Scheme members on the Evolve, Custom, Incentive, Extender and Summit Options qualify for the following benefits:

- One pre-delivery (antenatal consultation) to the value of R2 300 on the Evolve and Custom Options, and R2 400 on the Incentive, Extender and Summit Options (please ask your doula to use tariff code 966072 for the consultation); and
- One post-delivery consultation to the value of R2 300 on the Evolve and Custom Options, and R2 400 on the Incentive, Extender and Summit Options (please ask your doula to use tariff code 966073 for the consultation).

### Please note

The Doula Benefit is activated when you register on the Maternity Management Programme.

### Contact us

For more information on the Doula Benefits, or to register on the Maternity Management Programme between 8 and 20 weeks of pregnancy, you can download **the Momentum App**, contact us via the web chat facility on [momentummedicalscheme.co.za](https://momentummedicalscheme.co.za), email us at [preauthorisation@momentumhealth.co.za](mailto:preauthorisation@momentumhealth.co.za), send us a WhatsApp message on **+27 860 11 78 59** or call us on **0860 11 78 59**.