



LAUSD

Family Planning Benefits and Programs

Presented by: Health Net of California

Plan Benefits Overview



Family Planning/maternity coverage at a glance

Covered Services	Cost
Prenatal and postnatal office visits	No charge
Hospital delivery including C-section	\$100 copayment + 10% coinsurance per admission
Newborn care through the first 30 days	No charge
Contraceptives	\$25 copay
Injectable contraceptives	\$50 copay
Intrauterine Device (IUD)	\$50 copay
Midwife	No charge (must consult medical group for availability)
Alternative birth centers	\$100 copayment + 10% coinsurance per admission (must consult medical group for availability)
Breastfeeding support, supplies and counseling. Limited services (partial coverage) benefits	No charge*



Infertility benefits at a glance

Covered Services	Cost before SB 729	Cost after SB 729 (Effective 1/1/2026)
Artificial insemination	Covered at 50%	Cost share aligns with the cost share applicable to the type of service provided
In vitro fertilization (IVF)*	Not covered	Cost share aligns with the cost share applicable to the type of service provided
Zygote intrafallopian transfer (ZIFT)*	Not covered	Cost share aligns with the cost share applicable to the type of service provided
Gamete intrafallopian transfer (GIFT)*	Covered at 50%	Cost share aligns with the cost share applicable to the type of service provided
Infertility drugs	Covered at 50%	Cost share aligns with the cost share applicable to tier 1, 2, 3, or specialty drug copayment

Maternity and Family Planning Programs


Maternity and Family Planning

[Maternity and Family Planning | Health Net](#)

Live on your microsite!

LAUSD Microsite Update

Maternity and Family Planning



Pregnant? Health Net is here to help you and your family *the entire time* – and more. We can connect you to the programs and services that best fit your wants and needs – plus they're already part of your covered benefits.

To learn more call Member Services. Their phone number is found on the back of your Health Net Member ID card.

Get the best care available for you and baby!

Let us know you are pregnant. Fill out our Notification of Pregnancy form so we can customize the ways to help you.

- [Notification of Pregnancy form – English \(PDF\)](#)
- [Notification of Pregnancy form – En Español \(Spanish\) \(PDF\)](#)



Mail form to:
Care Management
4191 East Commerce Way
Sacramento, CA 95834-9679

Programs available to you

Health Net offers you a choice of customized pregnancy programs that include:

- [Individual Doula program](#)
- [Mahmee Virtual Doula with Wrap-around services](#) via their digital app
- [Start Smart for Your Baby®](#)

LAUSD Member Resources Update




Enrollment **Member Resources** Health & Wellness

Assistance for Members

- Welcome New Member
- Medical Benefits
- Same Day Care
- Pharmacy
- Behavioral Health
- Maternity and Family Planning [↗](#)
- Travel Guide


LAUSD Carousel Update



Social Services

Find services like food, shelter, job training, legal assistance and more. We are proud to partner with findhelp, formerly known as Aunt Bertha, to help you find programs and services in your area.


[Find Social Services](#)



Maternity and Family Planning

We can connect you to the programs and services that best fit your wants and needs for Pre and Postpartum care.

[Planning Resources \[↗\]\(#\)](#)



Health Support Programs

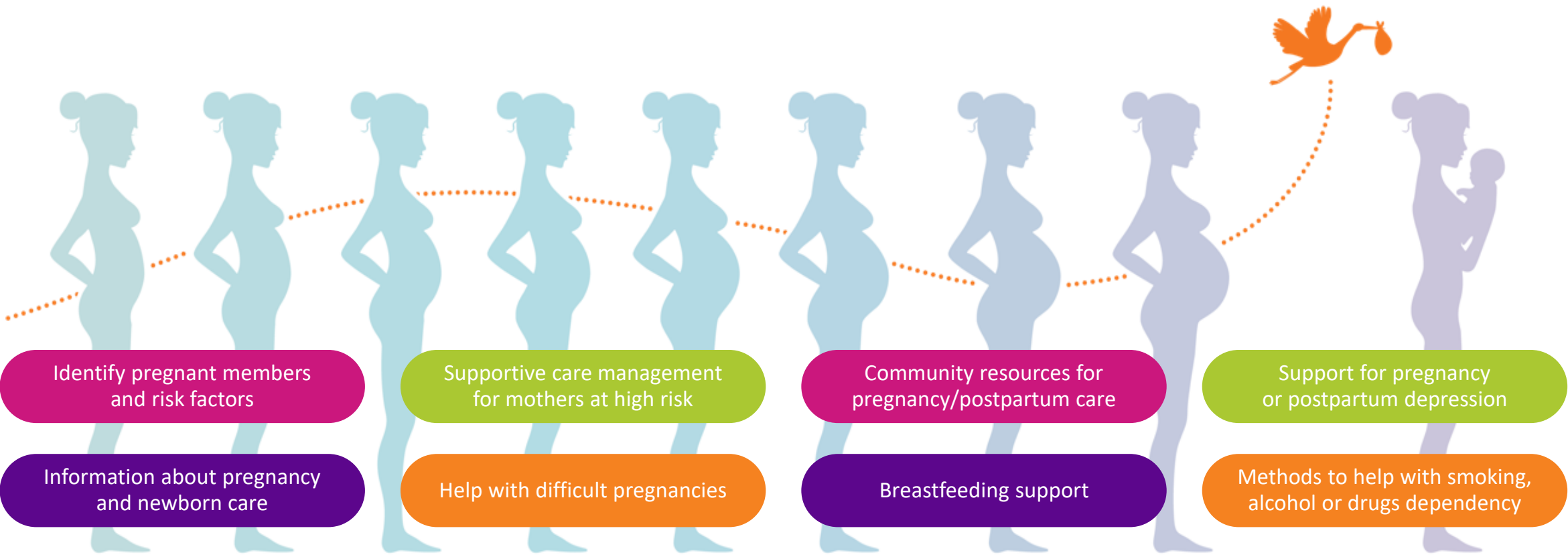
Our health support programs are designed to help you stay well and find health problems before they get worse.

[Health Support \[↗\]\(#\)](#)



Comprehensive Support for Mothers

START SMART: AMBETTER'S PROGRAM TO ADDRESS MATERNAL AND INFANT HEALTH



*Through submission of a Notification of Pregnancy (NOP) form.



Start Smart Results



Increased Engagement

with prenatal and postpartum care



Decreased Preterm Birth

50% reduction in preterm delivery for subset of members



Positive Impact on Family

Improved emotional wellbeing through early-risk assessment



Health Net Doula Programs

Doula Programs are available at no cost to our members throughout their pregnancy, during labor and delivery, and after birth.

Doula care includes pregnancy that ends in stillbirth, miscarriage or abortion.

Health Net offers our Members TWO Choices for Doula Services!



Individual Doula Program

A doula is not a medical professional and does not provide medical care or advice.

WHAT DOES THE PROGRAM OFFER?

- Individual birth worker
- Consistent care, same doula each visit
- Available in-person or virtually throughout pregnancy, during labor & delivery, and after-birth
- In-person visits at home, hospital, doctor office or other location
- Personalized in-person guidance and education
- Helps member & family communicate their preferences to the care team
- Assists member adjust after birth to newborn

WHAT SERVICES ARE INCLUDED?

- Free no cost services to member & employer
- A 90-minute initial visit
- Up to eight additional visits, including pre-and-post birth visits
- Support during labor and birth
- Up to two (2) additional visits after birth to discuss breast feeding, mental health, and other concerns. Visits last 3 hours.
- Help to navigate the health system, schedule appointments, connect to specialists, and community resources

Members may choose an Individual Doula or Mahmee, not both

Mahmee Virtual Doula Support with Wrap-Around Services

MATERNAL HEALTH DIGITAL PLATFORM

WHAT DOES THE PROGRAM OFFER?

Rolling 12-months of service throughout pregnancy, labor/delivery, and after birth via the app.

- Virtual doula services*
- Wrap around services from a multimodal care team.
 - Registered Nurses for high-risk pregnancies
 - Infant feeding specialists
 - Mental health coaches
 - Nutritionists
 - Care Coordinators
- Digital services include 1:1 visits, group chats, individual & group classes, coaching, direct messaging, and access to articles, videos, and more.

WHAT DOULA SERVICES ARE INCLUDED?

Virtual doula services* include:

- Initial intake visit
- Unlimited prenatal visits
- Support during labor and birth
- Unlimited postpartum visits

Up to 2 extended in-person postpartum visits after birth (where available), visits may last up to 3 hours

*In-person services may be available in select counties, members to call Mahmee directly for more information.

Members may choose an Individual Doula or Mahmee, not both

Doula Program Comparison

INDIVIDUAL DOULA PROGRAM

- Individual birth worker
- Consistent care, same doula each visit
- Available in-person or virtually throughout pregnancy, during labor & delivery, and after-birth
- In-person visits at home, hospital, doctor office or other location
- Advocate for member & family birthing preferences, and needs
- Personalized in-person or virtual childbirth guidance and education
- Assists member adjust after birth to newborn care, inclusive of infant feeding education and evaluation

MAHMEE WITH WRAP-AROUND SERVICES

- Multimodal care team providing virtual & in-person support throughout pregnancy, labor/delivery, and afterbirth
 - Doula services (more than 1 doula)
 - Nurse led remote patient monitoring
 - Infant feeding education and consultations
 - Mental health coaching
 - Nutrition guidance
 - Childbirth education
 - Screening for social determinants of health
 - Care coordination
- Access to digital services with 1:1 visits, group chats, individual & group classes, coaching, and direct messaging