

Doula Care Program

Pregnancy and postpartum support



Sutter Health Plan members have access to Mahmee, an integrated care team, including doulas, registered nurses, mental health coaches and nutritionists — all at no cost.

The program provides 12 months of comprehensive support tailored to your needs, whether preparing for delivery, managing your pregnancy or navigating postpartum.



Mahmee offers virtual visits, in-person care and 24/7 support online and through the app.

Mahmee is available to provide wraparound care for both you and your baby, with a suite of services you can benefit from, including:

- ✓ Doula support during pregnancy, labor and postpartum.
- ✓ Nurse-led remote patient monitoring for conditions such as hypertension, preeclampsia, or other cardiovascular concerns.
- ✓ Expert coaching and educational resources on infant feeding, mental health and nutrition.
- ✓ Screenings and coordination of care to address important factors like transportation and housing, ensuring you have the support you need.



Getting Started

You can self-enroll by visiting **mahmee.com**, clicking on 'Check My Eligibility' and following the instructions.

You can also call Mahmee at **818-431-1118** or email them at **hello@mahmee.com**.



Customer Service **855-315-5800**
Visit **sutterhealthplan.org**