



## What's the Difference Between *Doulas, Midwives, and OB/GYNs?*

### *OB/GYN*

OB/GYNs are medical doctors that specialize in pregnancy and female reproductive health. They typically work in doctor's offices and hospitals and take insurance reimbursement for their services. OB/GYNs must be licensed to provide services but are legalized in all states

### *Midwife*

A certified nurse midwife (CNM) is a trained health professional who is trained to help an individual through delivery as well as the prenatal and postnatal period. They typically work in birthing centers. Midwives are not legalized in all states, but they are legalized in Rhode Island and can be reimbursed through insurance.

### *Doula*

A doula is a patient advocate that can provide emotional, physical, and mental support to an individual navigating the pregnancy and postpartum period. In Rhode Island, certified doulas are eligible for insurance reimbursement, but they can also be paid out-of-pocket.

