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State/Territory Name: Missouri

State Plan Amendment (SPA) #: 24-0008

This file contains the following documents in the order listed:

- 1) Approval Letter
- 2) CMS Form 179
- 3) Approved SPA Pages

DEPARTMENT OF HEALTH & HUMAN SERVICES
Centers for Medicare & Medicaid Services
601 E. 12th St., Room 355
Kansas City, Missouri 64106



Medicaid and CHIP Operations Group

October 2, 2024

Todd Richardson, Director
MO HealthNet Division
Missouri Department of Social Services
P O Box 6500
Jefferson City, MO 65102-6500

Re: Missouri State Plan Amendment MO-24-0008

Dear Director Richardson:

The Centers for Medicare & Medicaid Services (CMS) reviewed your Medicaid State Plan Amendment (SPA) submitted under transmittal number MO-24-0008. This amendment adds coverage of doula services to enhance the birthing experience, reduce complications, and improve outcomes for women and infants.

We conducted our review of your submittal according to statutory requirements in Title XIX of the Social Security Act section 1902(a).

This letter is to inform you that Missouri Medicaid SPA MO-24-0008 was approved on October 1, 2024, with an effective date of October 1, 2024.

If you have any questions, please contact Rhonda Gray at 410-786-6140 or via email at Rhonda.Gray@cms.hhs.gov.

Sincerely,



James G. Scott, Director
Division of Program Operations

Enclosures

cc: Marissa Crump, Missouri Medicaid
Glenda Kremer, Missouri Medicaid

TRANSMITTAL AND NOTICE OF APPROVAL OF STATE PLAN MATERIAL FOR: CENTERS FOR MEDICARE & MEDICAID SERVICES	1. TRANSMITTAL NUMBER 2 4 — 0 0 0 8	2. STATE MO
	3. PROGRAM IDENTIFICATION: TITLE OF THE SOCIAL SECURITY ACT <input checked="" type="radio"/> XIX <input type="radio"/> XXI	
TO: CENTER DIRECTOR CENTERS FOR MEDICAID & CHIP SERVICES DEPARTMENT OF HEALTH AND HUMAN SERVICES	4. PROPOSED EFFECTIVE DATE October 1, 2024	
5. FEDERAL STATUTE/REGULATION CITATION 1902(a) of the Act	6. FEDERAL BUDGET IMPACT (Amounts in WHOLE dollars) a. FFY 2025 \$ 70,535 b. FFY 2026 \$ 86,300	
7. PAGE NUMBER OF THE PLAN SECTION OR ATTACHMENT Attachment 3.1-A page 18 de1, Attachment 3.1-A page 18 de2, Attachment 4.19-B page 4ff Attachment 3.1-A Page 16bbbb* Attachment 3.1-A Page 16bbbb*	8. PAGE NUMBER OF THE SUPERSEDED PLAN SECTION OR ATTACHMENT (If Applicable) New	

9. SUBJECT OF AMENDMENT
 This state plan amendment adds coverage of doula services to enhance the birthing experience, reduce complications, and improve outcomes for women and infants.

10. GOVERNOR'S REVIEW (Check One)

GOVERNOR'S OFFICE REPORTED NO COMMENT SLV OTHER, AS SPECIFIED:
 COMMENTS OF GOVERNOR'S OFFICE ENCLOSED
 NO REPLY RECEIVED WITHIN 45 DAYS OF SUBMITTAL

11. SIGNATURE OF STATE AGENCY OFFICIAL 	15. RETURN TO MO HealthNet Division P.O. Box 6500 Jefferson City, MO 65102
12. TYPED NAME Robert J. Knodell	
13. TITLE Director	
14. DATE SUBMITTED 5-14-24	

FOR CMS USE ONLY

16. DATE RECEIVED May 15, 2024	17. DATE APPROVED October 1, 2024
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PLAN APPROVED - ONE COPY ATTACHED

18. EFFECTIVE DATE OF APPROVED MATERIAL October 1, 2024	19. SIGNATURE OF APPROVING OFFICIAL
20. TYPED NAME OF APPROVING OFFICIAL James G. Scott	21. TITLE OF APPROVING OFFICIAL Director, Division of Program Operations

22. REMARKS
 *Box 7: State authorized pen and in change on 09/30/2024

State Missouri13.c Preventive ServicesDoula Services

Doula services provide a stable source of psychosocial support and education throughout the perinatal period and during the birth utilizing trained providers, community-based doulas, with the aim of improving a range of maternal and infant health outcomes by enhancing relevant knowledge and encouraging healthy behaviors. Doula services are available to all pregnant women, prenatally, during delivery, and throughout the 12-month postpartum period as medically necessary preventive services when recommended by a physician or other licensed practitioner of the healing arts within the scope of their practice under state law and provided in accordance with currently accepted standards of medical or professional practice. Doula services include a combined total of six (6) prenatal and postpartum support sessions, one (1) birth attendance, and up to two (2) visits for general consultation on lactation. Community navigation services that occur outside these billable visits may be billed up to ten (10) times total over the course of the pregnancy and postpartum period. Limits may be exceeded when necessary to address the level of risk, and additional reimbursement will be provided for those situations and in cases where labor extends beyond 24 hours, up to a limit of 48 hours, subject to medical review.

Doula Services include:

1. Prenatal support sessions that promote health literacy and knowledge of what to expect during pregnancy and birth; what experiences are normal during pregnancy; how to relay concerns to providers; and providing information on topics such as nutrition, exercise, tobacco cessation, self-monitoring of existing health risks or conditions. A doula may attend the participant's obstetric (OB) visits in a supportive role.
2. Community navigation of social services and assistance programs include taking a community-based approach to connect expecting women and families with available resources, including understanding the services and supports available to pregnant and postpartum women on Medicaid and facilitating access to those resources based upon an assessment of social service needs.
3. Attendance and support during birth, including providing information about what to expect during birth; helping create a birth plan; and attending the birth to provide non-medical comfort measures, information, emotional support and advocacy throughout the labor, including support of personal and cultural preferences regarding childbirth.
4. Lactation education and support that includes any of the following: a session during pregnancy that is primarily focused on the health benefits of breastfeeding for both mother and infant; attending the mother and infant immediately after birth to provide guidance and goal setting to promote breastfeeding; providing ongoing support education during pregnancy on the health benefits of breastfeeding; and providing ongoing general education and support and referral to licensed lactation professionals if/when services are needed.

State Missouri13.c Preventive ServicesDoula Services

5. Postpartum support sessions that help women know what to expect and what is normal during the postpartum period. Help women how to relay concerns to providers. Aid the transition back to well-woman care, education on family planning, screening for postpartum depression; providing information on topics such as safe sleep, preventing unintended child injuries, nutrition, positive parenting skills; education about breastfeeding rights; and goal setting for the future including continuing education, finding employment and childcare, and transition to other insurance as needed.

Qualified Providers:

All doulas must be enrolled as MO HealthNet providers.

All doula providers must be at least 18 years of age and must either:

A. possess a current certificate issued by a national or Missouri-based doula training organization whose curriculum meets the following definition and standards:

1. Curriculum covers a doula's role which includes breastfeeding support, perinatal mood and anxiety disorders, anticipatory care strategies, cultural competency, how to deliver perinatal education and support, how to increase client autonomy during birth, and how to support clients who may need additional care.
2. Curriculum covers the importance of health-related social needs, including navigation of social services, trauma-informed care, and strategies specific to the community served.
3. The student must successfully complete the training program and be deemed competent to provide doula services. Certification is attained after evaluation by a birth professional or trainer.
4. Completion of at least 6 continuing education unit (CEU) hours per year, or equivalent continuing education as specified by the training organization; or

B. for doulas whose training came from another source, or from multiple sources, MO HealthNet will determine eligibility for reimbursement as follows:

1. If there exists any statewide organization composed of doula trainers from three or more independent, well-established doula training organizations located in Missouri whose purpose includes validation of core competencies of trainings; then MO HealthNet may verify that an individual's training and experience satisfies the above-stated criteria through a public roster maintained by such an organization.
2. If no such organization exists, future doula training organizations must prove that their training satisfies the above definition in order to be added to the written policy guide.

All doula providers must hold liability insurance as an individual or through a supervising organization.

State Plan TN# 24-0008

Supersedes TN# New

Effective Date: 10/01/2024

Approval Date: 10/01/2024

20. Extended Services to Pregnant Women

Doula Services

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State Plan TN# 24-0008

Supersedes TN# New

Effective Date: 10/01/2024

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Doula Services

The state agency will establish fee schedules based on the reasonable charge for the services as defined and determined by the MO HealthNet Division. Agency payment will be the lower of:

- (1) The provider's actual charge for the service; or
- (2) The allowable fee based on reasonable charge as above determined.

Except as otherwise noted in the plan, state-developed fee schedule rates are the same for both governmental and private providers of doula services. The agency's fee schedule rate was set as of October 1, 2024 and is effective for services provided on or after that date. The Medicaid fee schedule is published on the MO HealthNet website at <https://mydss.mo.gov/mhd/cpt>. To navigate the site, users must agree to the licensure terms and conditions, select "Download" or "Full Search," and select "Medical Services."