

## **Table of Contents**

**State/Territory Name: UT**

**State Plan Amendment (SPA) #: 25-0022**

This file contains the following documents in the order listed:

- 1) Approval Letter
- 2) Summary Form (with 179-like data)
- 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

---

December 19, 2025

Julie Ewing  
Director  
Division of Integrated Healthcare  
Utah Department of Health and Human Services  
PO Box 143101  
Salt Lake City, UT 84114-3101

Re: Utah State Plan Amendment (SPA) 25-0022

Dear Director Ewing:

The Centers for Medicare & Medicaid Services (CMS) reviewed your Medicaid State Plan Amendment (SPA) submitted under transmittal number (TN) 25-0022. This amendment proposes coverage and reimbursement for doula services.

We conducted our review of your submittal according to statutory requirements in Title XIX of the Social Security Act and implementing regulations 42 CFR §440.130(c). This letter informs you that Utah Medicaid SPA TN 25-0022 was approved on December 19, 2025, with an effective date of April 1, 2026.

Enclosed are copies of Form CMS-179 and approved SPA pages to be incorporated into the Utah State Plan.

If you have any questions, please contact Tyler Deines at 202-260-6048 or via email at [Tyler.Deines@cms.hhs.gov](mailto:Tyler.Deines@cms.hhs.gov).

Sincerely,

Wendy E. Hill Petras, Acting Director  
Division of Program Operations

Enclosures

**TRANSMITTAL AND NOTICE OF APPROVAL OF  
STATE PLAN MATERIAL  
FOR: CENTERS FOR MEDICARE & MEDICAID SERVICES**

1. TRANSMITTAL NUMBER

2 5 — 0 0 2 2

2. STATE

UT3. PROGRAM IDENTIFICATION: TITLE OF THE SOCIAL  
SECURITY ACT

XIX



XXI

TO: CENTER DIRECTOR

CENTERS FOR MEDICAID &amp; CHIP SERVICES

DEPARTMENT OF HEALTH AND HUMAN SERVICES

4. PROPOSED EFFECTIVE DATE

April 1, 2026

5. FEDERAL STATUTE/REGULATION CITATION

~~Section 1902(a)(10) of the Social Security Act~~

Section 1905(a)(13) of the Social Security Act, 42 CFR §440.130(c)

6. FEDERAL BUDGET IMPACT (Amounts in WHOLE dollars)

a. FFY 2026 \$ 84,300b. FFY 2027 \$ 168,600

7. PAGE NUMBER OF THE PLAN SECTION OR ATTACHMENT

~~Page 3 within Attachment #13c of ATTACHMENT 4.19-B~~~~Page 26 of ATTACHMENT 4.19-B~~

Attachments 3.1-A&amp;B, Attachment #13c, Pages 3 -3a (NEW)

Attachment 4.19-B, Page 26a (NEW)

8. PAGE NUMBER OF THE SUPERSEDED PLAN SECTION  
OR ATTACHMENT (If Applicable)~~Page 26 of ATTACHMENT 4.19-B~~~~(T.N. 15-0001)~~

9. SUBJECT OF AMENDMENT

Doula Services - In accordance with state and federal law, this amendment authorizes Medicaid to cover doula services and establishes training and registration requirements.

10. GOVERNOR'S REVIEW (Check One)



GOVERNOR'S OFFICE REPORTED NO COMMENT



COMMENTS OF GOVERNOR'S OFFICE ENCLOSED



NO REPLY RECEIVED WITHIN 45 DAYS OF SUBMITTAL



OTHER, AS SPECIFIED:

11. SIGNATURE OF STATE AGENCY OFFICIAL

12. TYPED NAME

Tracy S. Gruber

13. TITLE

Executive Director, Utah Dept of Health &amp; Human Services

14. DATE SUBMITTED

October 8, 2025

15. RETURN TO

Craig Devashrayee

Utah Department of Health &amp; Human Services

Division of Integrated Healthcare

cdevashrayee@utah.gov

**FOR CMS USE ONLY**

16. DATE RECEIVED

October 8, 2025

17. DATE APPROVED

December 19, 2025

**PLAN APPROVED - ONE COPY ATTACHED**

18. EFFECTIVE DATE OF APPROVED MATERIAL

April 1, 2026

19. SIGNATURE OF APPROVING OFFICIAL

20. TYPED NAME OF APPROVING OFFICIAL

Wendy E. Hill Petras

21. TITLE OF APPROVING OFFICIAL

Acting Director, Division of Program Operations

22. REMARKS

Blocks 5, 7, and 8: State approved pend and ink changes on 12/19/2025.

## OTHER DIAGNOSTIC AND PREVENTIVE SERVICES

---

### Doula Services

Doula services provide non-medical advice, information, emotional support, and physical comfort to an individual during the individual's pregnancy, childbirth, and postpartum period. Pursuant to 42 CFR 440.130(c), doula services are provided as preventive services and must be recommended by a physician or other licensed practitioner of the healing arts within their scope of practice under state law to prevent perinatal complications and promote the physical and mental health of the beneficiary.

#### Provider qualifications:

1. Doulas must be enrolled with the Division of Integrated Healthcare, within the Department of Health and Human Services, through either the "Certification Pathway" or the "Experience Pathway".
  - a. The "Certification Pathway" requires:
    - i. Completion of a doula training program that is approved by the Division of Integrated Healthcare, within the Department of Health and Human Services;
    - ii. Attendance at a minimum of three (3) births within the last five (5) years;
    - iii. Maintenance of current CPR training certification; and,
    - iv. Signing the Doula Provider Attestation.
  - b. The "Experience Pathway" requires:
    - i. Attendance at ten (10) births in the role of a doula with five (5) births being within the past two (2) years.
    - ii. Submission of four (4) letters of recommendation that include two (2) letters from clinical members of a birth team (e.g., Nurse, Nurse Practitioner, Midwife, Obstetrician) for a previously attended birth, and two (2) letters from previous clients;
    - iii. Maintenance of current CPR training certification;
    - iv. Attest to having knowledge and competency in specific areas of prenatal, labor/delivery, postpartum, lactation and newborn support, guidance, and education.
    - v. Signing the Doula Provider Attestation

---

T.N. # 25-0022

Approval Date 12-19-25

Supersedes T.N. # New

Effective Date 4-1-26

OTHER DIAGNOSTIC AND PREVENTIVE SERVICES

---

Doula Services (Continued)

Limitations:

1. There is a limitation of 32 units across all non-labor support services (prenatal and postpartum services). A unit for purposes of prenatal and postpartum services is equivalent to 15 minutes.
2. The delivery support service is reimbursed on a per diem basis and is limited to one unit, per pregnancy.
3. Any service limits may be exceeded based on medical necessity.

Non-covered services:

Travel time and mileage are not covered services.

---

T.N. # 25-0022

Approval Date 12-19-25

Supersedes T.N. # New

Effective Date 4-1-26

## OTHER DIAGNOSTIC AND PREVENTIVE SERVICES

---

### Doula Services

Doula services provide non-medical advice, information, emotional support, and physical comfort to an individual during the individual's pregnancy, childbirth, and postpartum period. Pursuant to 42 CFR 440.130(c), doula services are provided as preventive services and must be recommended by a physician or other licensed practitioner of the healing arts within their scope of practice under state law to prevent perinatal complications and promote the physical and mental health of the beneficiary.

#### Provider qualifications:

1. Doulas must be enrolled with the Division of Integrated Healthcare, within the Department of Health and Human Services, through either the "Certification Pathway" or the "Experience Pathway".
  - a. The "Certification Pathway" requires:
    - i. Completion of a doula training program that is approved by the Division of Integrated Healthcare, within the Department of Health and Human Services;
    - ii. Attendance at a minimum of three (3) births within the last five (5) years;
    - iii. Maintenance of current CPR training certification; and,
    - iv. Signing the Doula Provider Attestation.
  - b. The "Experience Pathway" requires:
    - i. Attendance at ten (10) births in the role of a doula with five (5) births being within the past two (2) years.
    - ii. Submission of four (4) letters of recommendation that include two (2) letters from clinical members of a birth team (e.g., Nurse, Nurse Practitioner, Midwife, Obstetrician) for a previously attended birth, and two (2) letters from previous clients;
    - iii. Maintenance of current CPR training certification;
    - iv. Attest to having knowledge and competency in specific areas of prenatal, labor/delivery, postpartum, lactation and newborn support, guidance, and education.
    - v. Signing the Doula Provider Attestation

---

T.N. # 25-0022

Approval Date 12-19-25

Supersedes T.N. # New

Effective Date 4-1-26

OTHER DIAGNOSTIC AND PREVENTIVE SERVICES

---

Doula Services (Continued)

Limitations:

1. There is a limitation of 32 units across all non-labor support services (prenatal and postpartum services). A unit for purposes of prenatal and postpartum services is equivalent to 15 minutes.
2. The delivery support service is reimbursed on a per diem basis and is limited to one unit, per pregnancy.
3. Any service limits may be exceeded based on medical necessity.

Non-covered services:

Travel time and mileage are not covered services.

---

T.N. # 25-0022

Approval Date 12-19-25

Supersedes T.N. # New

Effective Date 4-1-26

---

OTHER DIAGNOSTIC, PREVENTIVE, SCREENING, AND REHABILITATIVE SERVICES  
(Continued)

Doula Services

Except as otherwise noted in the plan, state-developed fee schedule rates are the same for both governmental and private providers of doula services. Payment will be based on the established fee schedule unless a lesser amount is billed. The amount billed cannot exceed usual and customary charges to private pay patients. The rates are effective for services on or after April 1, 2026, or as noted thereafter on the date listed on the Attachment 4.19-B Introduction Page. These rates are published on the agency's website at <https://health.utah.gov/stplan/lookup/CoverageLookup.php>.

---

T.N. # 25-0022

Approval Date 12-19-25

Supersedes T.N. # New

Effective Date 4-1-26