

kindbody

Kindbody Virtual Doula Program



Kinddoula provides virtual doula care, education, and resources to support you through pregnancy, birth, and postpartum to facilitate optimal outcomes for you and your baby. This program is fully covered by most Walmart medical plans.



Services

Kinddoula is a program designed to optimize your health during and after pregnancy. Our primary goal is to have a healthy mom and baby. Our doulas will support you through your pregnancy and help you build and communicate your specific birth plan with your provider. Your doula will provide the following services:

- Trimester-specific education
- Addressing common pregnancy symptoms
- Education on pregnancy complications
- What to expect at routine visits
- Blood pressure education
- Nutrition support
- Physical activity guidance
- Signs of preterm labor
- Birth plan development
- Fetal kick counts
- Preparing for delivery
- Bringing baby home
- Infant feeding/lactation support
- Post delivery self-care
- Postpartum depression

Holistic Approach



Pregnancy support



Nutrition guidance



Pregnancy fitness



Mental health



Preparing for delivery

To get started, email walmart@kindbody.com or call **1-855-454-7663**

Learn more at kindbody.com/walmart