

kindbody +

CALIFORNIA SCHOOLS



# Kindbody Doula Program

(Effective 1/1/2026)



KindDoula is a program designed to optimize your health during and after pregnancy. Our primary goal is to have a healthy parent and baby. Our doulas will support you through your pregnancy during the eight (8) included sessions – helping you build and communicate your specific birth plan with your provider.

*Employees and spouses/partners who are enrolled on the California Schools VEBA - sponsored Cigna, UHC, UMR, Surest or SIMNSA plan are eligible for the KindDoula Program.*



## Our 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



**Pregnancy support**



**Nutrition guidance**



**Pregnancy fitness**



**Mental health**



**Preparing for delivery**

## Get Started

- 1** Head to [kindbody.com/activate](https://kindbody.com/activate) and create your Kindbody account using any email address
- 2** Confirm eligibility by entering access code **KINDCSVEBA** and your unique user ID as follows:
  - *Employee:* First Name + Last Name + -E + last four digit of your social security number (Example: JaneDoe-E1234)
  - *Spouse/domestic partner:* First Name + Last Name + -D + last four digit of the spouse/domestic partner's social security number (Example: JonDoe-D5678)
- 3** Book your virtual visit and **start your Kindbody journey!**