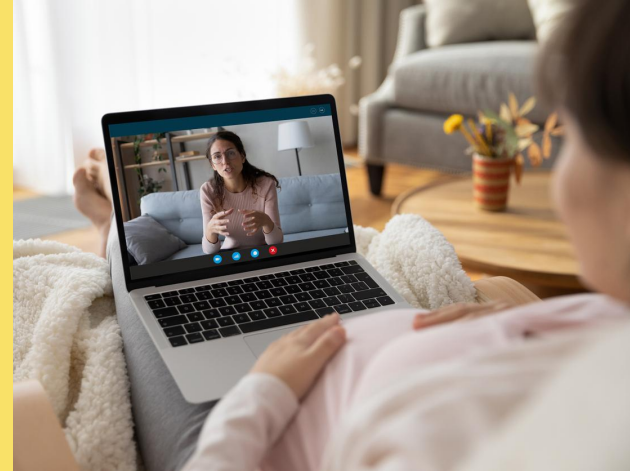


kindbody + Medtronic

Kindbody Doula Program



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 throughout your eight (8) included sessions:



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** After **January 1, 2025**, head to kindbody.com/activate and create your Kindbody account using any email address or contact a patient care navigator today at 877-496-4283 x option 3.
- 2** Confirm eligibility by entering your access code and your unique ID. Your access code is **KINDMDT** Your unique ID is your employee ID; for your spouse, the unique ID is the employee ID+ 'S'. *Example: if the employee unique ID is 1234, then the spouse Unique ID is 1234S.*
- 3** Book your virtual visit and **start your Kindbody journey!**