

**Sample letter from OB/midwife to insurance for postpartum care
when mother has had complications, a difficult or traumatic birth, or
a history of difficulty during the postpartum period:**

Your Insurance Company
0000 Anyplace Boulevard
Someplace, Somestate 00000

To Whom It May Concern,

Ms. _____ is a patient in our office, receiving obstetric care during her pregnancy, with a [due date OR date of the birth] of _____. This will be her [1st, 2nd, etc.] baby. During her [pregnancy/birth], Ms. _____ has experienced the following complications: [list any complications your patient may have experienced during pregnancy or birth, as well as complications or conditions from previous pregnancies, births, or postpartum periods that may have a bearing on this postpartum period, or which may create anxiety for the mother and therefore pose a potential problem. _____

Due to the above, [as her due date approaches OR as she enters the postpartum period], she has expressed a high level of anxiety surrounding her ability to navigate the challenges of adjusting and transitioning into her new role of mother and healing from childbirth without professional support and assistance, which may contribute to the possibility of postpartum depression and the complications that could arise from it. We feel our patient will benefit greatly from professional postpartum care to assist her with her postpartum recovery, enabling a safe and gentle transition into her new role as mother and help also with the needs of her new baby.

We have recommended that she hire a postpartum doula. We have referred Ms. _____ to Amber Nielsen, B.A., PCD (DONA), AAHCC, who operates her own professional doula service, Mothering the Mom, Postpartum Doula Services of Northern Virginia. Ms. Nielsen supports many patients of _____ [name of your hospital] and other Northern Virginia hospitals, and has been a valuable asset to our patients during their postpartum recovery and transition into new parenthood.

I feel the additional support of a postpartum doula would be beneficial to this patient, due to the above challenges, and hope that you will consider reimbursement of these services so that our patient can receive the very best care available for her postpartum recovery needs.

Respectfully,
The Best OB/midwife on the Planet