

Pomelo

Trusted doula support before, during, and after birth.

The largest nationwide network of doulas, credentialed and managed by Pomelo.

Why doulas

Doulas are non-medical professionals who give physical, emotional, and informational support through pregnancy and birth. Published research ([AJPH, 2024](#)) links doula support to:

- **47%** lower risk of cesarean delivery
- **29%** lower risk of preterm birth
- **46%** greater likelihood of attending a postpartum checkup



What doula clients get

- **Prenatal:** Birth planning, labor and delivery preparation, resources, answers to questions, and emotional support
- **Labor and delivery:** Pain relief coaching (massage, breathing, movement), continuous emotional support, and advocacy for the client's birth plan with hospital staff
- **Postpartum:** Processing the birth experience, physical recovery movement guidance, and parenting skill-building



A trustworthy network

- In-person coverage in 30 states and growing, with virtual coverage in all 50 states
- 12+ languages spoken; 61% of doulas are BIPOC
- Pomelo managed the recruiting, credentialing, and quality management of the network
- Every doula is certified and trained in ongoing non-discrimination in healthcare and HIPAA



Part of a larger care team

Doulas complement clinical care and don't replace it. Pomelo's broader pregnancy, postpartum, and infant care provides access to Pomelo's nurses, OB-GYNs, maternal-fetal medicine, lactation consultants, and more who operate at the top of their license to manage medical and behavioral needs.

Contact us to learn more: info@pomelocare.com

www.pomelocare.com | rfp@pomelocare.com

