

Mae. is a culturally congruent digital health solution...

To improve Black maternal health outcomes, Mae combines a digital health engagement platform with:

- Local, in-person doula support to reduce cesarean rates and preterm births
- Better-aligned provider support teams
- Care that centers the pregnant person throughout the pregnancy and postpartum journey
- Support that addresses the physical, emotional, and social needs of mamas

What Does Mae Offer?

- Weekly pregnancy tracking, designed to address specific needs of Black birthing people
- Free, virtual, interactive classes and educational resources
- Pregnancy symptom awareness and risk assessment
- Blogs and audio to support mind and body
- A network of local, community-based doulas providing fully covered in-person support

How Does Mae Work?

Mae has partnered with select Medicaid plans to match members with local, community-based doulas to provide prenatal and postpartum support, as well as in-person labor and delivery support in a hospital setting.

The Benefits Are Clear

- Mae members experienced a 35% reduction in C-section rates*
- Mae members experienced a 30% reduction in preterm birth rates*

(Compared to the National average for Black women)

How Do Mamas Sign Up?

Visit MeetMae.com or JoinMae.MeetMae.com to learn more and get started.

A note to providers about *Mae*.

Key Takeaways

1. You should send pregnant patients to [MeetMae.com](https://meetmae.com) to check their eligibility.
2. Mae is working with Medicaid plan partners in the following states:

- Florida
- Illinois
- Iowa
- Maryland
- Michigan
- Virginia

What is a doula?

- A doula is a non-clinical birth professional whose role is to support and advocate for the birthing person.
- Doulas are known to positively impact birth outcomes and work in partnership with the birthing person's PCP.
- They provide general education, guidance, birth support, birth planning, advocacy, and postpartum support for mother, baby, and family.

How do I best explain the role of a Mae doula to a member?

- Mae doulas provide members with a specified number of virtual or in-person prenatal and postpartum sessions*, as well as in-person labor and delivery support in a hospital setting.

Mae doulas offer:

- Birth Plan Creation
- Pregnancy Education
- Emotional Support
- Fitness and Nutrition Advice
- Labor & Delivery Options
- Breastfeeding Guidance
- Postpartum Preparation
- Support Transitioning Home
- Partner and Sibling Support

**The number of sessions a Mae doula is allowed to provide is based on the number of sessions the Medicaid plan approves.*

Want to see it for yourself?

If your team is interested in learning more, please email hello@meetmae.com with the subject line "DEMO MAE."

Who is Mae for?

Mae's platform and existing content and expert network is built to support Black expectant and new moms in particular, though all pregnant individuals prioritizing cultural-competency in their care may find this platform beneficial.

Anyone may create a profile at [MeetMae.com](https://meetmae.com) to start tracking pregnancy symptoms and access free education and resources.

Fully-covered doula support is accessible for those covered by Medicaid insurance plans partnered with Mae.

Visit [MeetMae.com/signup](https://meetmae.com/signup) for eligibility.



Scan here to learn more!
[MeetMae.com](https://meetmae.com)