

July 11, 2024

Brian Zolynas  
Division of Medicaid and Children's Health Operations  
U.S. Department of Health & Human Services  
Centers for Medicare & Medicaid Services  
90 Seventh Street, Suite 5-300 (5W)  
San Francisco, CA 94103-6707

RE: Arizona SPA # 24-0006, Doula Services

Dear Mr. Zolynas:

Enclosed is State Plan Amendment (SPA) #AZ-24-0006, Doula Services. This SPA updates the State Plan to allow coverage and payment for doula services, effective October 1, 2024.

Tribal Consultation on this SPA occurred on May 7, 2024. The Tribal Consultation presentation is available on the following webpage:

<https://www.azahcccs.gov/AmericanIndians/TribalConsultation/>

Public Notice for this SPA was posted on the following webpages:

[https://www.azahcccs.gov/AHCCCS/Downloads/PublicNotices/Doula\\_SPA\\_PublicNoticeAndPlanPages.pdf](https://www.azahcccs.gov/AHCCCS/Downloads/PublicNotices/Doula_SPA_PublicNoticeAndPlanPages.pdf)

If there are any questions about the enclosed SPA, please contact Maxwell Seifer at [Maxwell.Seifer@azahcccs.gov](mailto:Maxwell.Seifer@azahcccs.gov) or 602-417-4722.

Sincerely,



Kyle Sawyer  
Assistant Director, Public Policy and Strategic Planning  
Arizona Health Care Cost Containment System (AHCCCS)

**TRANSMITTAL AND NOTICE OF APPROVAL OF  
STATE PLAN MATERIAL  
FOR: CENTERS FOR MEDICARE & MEDICAID SERVICES**

1. TRANSMITTAL NUMBER <b>24 — 0006</b>	2. STATE <b>AZ</b>
3. PROGRAM IDENTIFICATION: TITLE <b>19</b> OF THE SOCIAL SECURITY ACT	

TO: CENTER DIRECTOR  
CENTERS FOR MEDICAID & CHIP SERVICES  
DEPARTMENT OF HEALTH AND HUMAN SERVICES

4. PROPOSED EFFECTIVE DATE  
**October 1, 2024**

5. FEDERAL STATUTE/REGULATION CITATION  
**42 CFR 440.130(c)**

6. FEDERAL BUDGET IMPACT (Amounts in WHOLE dollars)  
a. FFY: **2025** \$ **598,500**  
b. FFY: **2026** \$ **598,500**

7. PAGE NUMBER OF THE PLAN SECTION OR ATTACHMENT  
**Attachment 3.1-A Limitations, Page 9(a)**

8. PAGE NUMBER OF THE SUPERSEDED PLAN SECTION OR ATTACHMENT (If Applicable)  
**Attachment 3.1-A Limitations, Page 9(a)**

9. SUBJECT OF AMENDMENT  
This SPA will add coverage and payment for doula services, effective October 1, 2024.

10. GOVERNOR'S REVIEW (Check One)

GOVERNOR'S OFFICE REPORTED NO COMMENT       OTHER, AS SPECIFIED:  
 COMMENTS OF GOVERNOR'S OFFICE ENCLOSED  
 NO REPLY RECEIVED WITHIN 45 DAYS OF SUBMITTAL

11. SIGNATURE OF STATE AGENCY OFFICIAL  


15. RETURN TO  
Kyle Sawyer  
801 E. Jefferson St., MD #4200  
Phoenix, AZ 85034

12. TYPED NAME  
Kyle Sawyer

13. TITLE  
Assistant Director, Public Policy and Strategic Planning

14. DATE SUBMITTED: July 11, 2024

**FOR CMS USE ONLY**

16. DATE RECEIVED

17. DATE APPROVED

**PLAN APPROVED - ONE COPY ATTACHED**

18. EFFECTIVE DATE OF APPROVED MATERIAL

19. SIGNATURE OF APPROVING OFFICIAL

20. TYPED NAME OF APPROVING OFFICIAL

21. TITLE OF APPROVING OFFICIAL

22. REMARKS

**13b. Screening services.**

Coverage is available for evidence-based medically necessary screening services for children based on guidelines from the American Academy of Pediatrics and CDC/ACIP for immunizations.

Coverage is available for evidence-based medically necessary screening services for adults which are based, in part, on guidelines from the U.S. Preventive Services Task Force.

**13c. Preventive services.**

Coverage is available for evidence-based medically necessary preventive services. Services must be recommended by a physician or other licensed practitioner of the healing arts acting within the scope of authorized practice under State law to (1) prevent disease, disability, and other health conditions, (2) prolong life; and (3) Promote physical and mental health efficacy. Services for children are based on guidelines from the American Academy of Pediatrics and CDC/ACIP for immunizations. Services for adults are based, in part, on guidelines from the U.S. Preventive Services Task Force. In addition to the services specified under section 4106 of the Affordable Care Act, Arizona covers, without cost-sharing, services specified under PHS 2713 which is in alignment with the Alternative Benefit Plans.

Coverage is available for Diabetes Self-Management Training (DSMT) outpatient services. DSMT is a nationally recognized program that supports individuals with developing the knowledge and skills to self-care for their diabetes condition. DSMT consists of individual sessions or group sessions which may be furnished by a physician (MD or DO), Physician's Assistant, Registered Nurse Practitioner, or Registered Dietician. The services must be prescribed by a primary care practitioner in one of the following circumstances: 1) the member is initially diagnosed with diabetes or 2) the member was previously diagnosed with diabetes but a change has occurred in the member's diagnosis, medical condition or treatment regimen or the member is not meeting appropriate clinical outcomes. DSMT services are limited to 10 hours, annually. Beneficiaries of the EPSDT benefit may receive services in excess of the 10-hour limitation.

Community Health Worker Services

Arizona state certified Community Health Workers (CHW) may provide AHCCCS-covered patient education and preventive services to individuals with a chronic condition or at risk for a chronic condition or for individuals with a documented barrier that is affecting the individual's health. CHW services must be recommended by a physician or other licensed practitioner of the healing arts acting within the scope of authorized practice under State law. Services must be documented in the member's medical record and may include:

- Health system navigation and resource coordination,
- Health education and training. The purpose of this service is to train and/or increase the member's awareness of methods and measures that have been proven effective in avoiding illness and/or lessening its effects. The content of the education must be consistent with established or recognized healthcare standards, or
- Health promotion and coaching. The purpose of this service is to provide information and training to members that enables them to make positive contributions to their health status.

Certified Doula Services

Arizona state certified doulas are trained nonmedical professionals who may provide AHCCCS-covered patient education and preventive services to pregnant women and their families before, during, and after childbirth. Doula services must be recommended by a physician or other licensed practitioner of the healing arts acting within the scope of authorized practice under State law. Services must be documented in the member's medical record and may include care coordination, social support, coaching, and emotional support.

Formatted: Space After: 0 pt

Formatted: Space After: 0 pt