

Your maternity/pregnancy



What to expect

- Pregnancy is a time of big changes for a woman. From the very start, your baby-to-be may begin to affect the way you feel, think and live your daily life. To cope with pregnancy, labor, delivery and after your baby is born, be informed. If you are planning to become pregnant, see your doctor for a preconception care visit. As soon as you suspect you are pregnant, choose a doctor, midwife, or the healthcare provider, and set up regular prenatal care so you can stay well-informed and follow a healthy lifestyle.

Your Humana resources:

- HumanaBeginnings® (HB) – a free pregnancy program for eligible members
 - HB 1-888-847-9960
 - Self Enroll: **Humana.com** → MyHumana → Health & Wellness/HumanaVitality → Health Programs → HumanaBeginnings
- Physician Finder Plus tool – visit **Humana.com** to use this tool and find an in-network provider or pediatrician near you

Your maternity experience: (there may be variations in your care path):

| First trimester (Weeks 1 to 14) | Second trimester (Weeks 15 to 28) | Third trimester (Weeks 29 to 40) | After delivery (4 to 6 weeks after baby) |
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| <ul style="list-style-type: none"> • First prenatal visit: May be longer and include detailed health history, a physical exam, pap test for cervical cancer, urine and lab tests, calculation of your due date, and scheduling for future prenatal care. • Follow-up prenatal visits will generally be monthly. | <ul style="list-style-type: none"> • Follow-up prenatal visits will generally be monthly. | <ul style="list-style-type: none"> • Generally prenatal visits will be every two weeks until your last month of pregnancy when you will be seen weekly. | <ul style="list-style-type: none"> • Postpartum visit: The doctor will talk about being a mom, returning to normal activities, sexual intercourse, birth control and your emotional state. An exam will look for healing and return to your nonpregnant state. • Remember to make a list of questions for your visit. |

Questions to ask your doctor:

- Should I continue to take prescription medicines?
- How much and what should I eat and drink during pregnancy?
- Can I exercise during pregnancy?
- What are everyday risks that I should avoid? - i.e., changing the cat litter box, painting, hair dye, etc?
- Can smoking or drinking affect the baby?

Common tests performed during pregnancy:

- Birth defect screening for:
 - Down Syndrome, Neural tube defects
- Lab/urine tests for:
 - Pregnancy, Anemia, Diabetes, Group B Strep, HIV, Infection, Kidney Screening and Rh Factor
- Pelvic Exam (Pap test) for Cervical Cancer Screening
- Ultrasounds: 1 to 2 may be performed in the first and second trimester

Choosing a prenatal doctor:

- The key to choosing your healthcare provider is to look for an obstetrician, primary care physician (PCP) or midwife in your Humana network who is board certified and can admit you to an accredited hospital or birthing center with a strong maternity unit.

Helpful tips:

- Have your first visit for prenatal care as soon as you believe you are pregnant.
- Identify in-network providers (doctors, labs, hospitals)
- Understand and verify your health plan coverage and terms
- Find out how your doctor expects to be paid, such as whether the full deductible must be paid and if you can negotiate payment terms
- In your second trimester, choose a pediatrician to partner with you upon the birth of your baby
- Important: Add your baby to your health plan within the first 30 days of birth
- You should schedule a visit with your doctor 4 to 6 weeks after delivery