

Benefits of vaginal delivery versus a C-section

What is a full-term pregnancy?

A full-term pregnancy is a pregnancy that lasts between 39 weeks and 40 weeks. Babies born full-term have the best chance of being healthy, compared with babies born earlier or later.

Babies are not fully developed until 39 weeks of pregnancy. Their brain, lungs, and liver are still developing.

Why should I have a vaginal delivery?

Following a vaginal delivery mothers, heal more quickly and spend fewer days in the hospital compared to mothers who have a C-section. They are more alert and experience less pain and fatigue. Epidural allows for the vaginal delivery experience with less discomfort (epidural is mother's choice). Vaginal delivery avoids major abdominal surgery and all the potential risks associated with an operation.

Babies born vaginally typically:

- Experience less respiratory problems
- Have less chance of infection for mom and baby
- Are more alert and show more interest in breastfeeding once delivered
- Receive an early dose of good bacteria to boost their immune systems and protect their intestinal tracts

90% of women who have a C-section for the first time will have a repeat C-section with subsequent pregnancies!



What are the RISKS of delivering by C-section?

- Longer hospital stay
- Increase pain and fatigue
- Slower return to normal activity
- Delayed or difficulty breastfeeding
- Medical complications for the mother including:
 - Postpartum hemorrhage
 - Deep vein thrombosis (clot)
 - Wound infection
 - Abnormal placentation (previas and accretes)
 - Uterine rupture
 - Surgical adhesions
 - Bladder or bowel surgical injury
 - Bowel obstruction

Humana
Healthy Horizons®
in Florida

There are medical reasons that a C-section is needed. The more common MEDICAL reasons that would be appropriate for a C-section can include:

1. Baby and/or mother is in distress or having complications from high blood pressure, heart problems, diabetes, HIV, herpes outbreak, or any other infection
2. Baby is too large for mother's pelvis
3. Abnormal position of baby in the uterus which would not allow babe come down into the birth canal
4. Certain birth defects
5. Previous surgery of the uterus, including a previous C-section
6. Multiples (twins, triplets)
7. Problems with the placenta
8. Very long labor (over 20 hours with little dilation of the cervix)
9. Postdates (over 41 weeks)

Go365 for Humana Healthy Horizons

Go365 for Humana Healthy Horizons® is a wellness program that offers you the opportunity to earn rewards for taking healthy actions. To earn rewards, you must download the Go365 for Humana Healthy Horizons app from iTunes/Apple Store or Google Play on a mobile device, create an account, and engage in activities.

You can redeem your rewards for e-gift cards to popular retailers.

Our members enrolled in our HumanaBeginnings program can earn¹ a:

- **\$20 reward** after enrolling and completing our HumanaBeginnings Prenatal Postpartum program
- **\$15 reward** for visiting an OB-GYN and completing a prenatal visit
- **\$15 reward** for completing a postpartum visit with your OB-GYN



Talk to your health care provider. **BE INFORMED. ASK QUESTIONS.**

HumanaBeginnings®

800-322-2758 extension **1394119** Monday through Friday, 8:30 a.m. - 5 p.m., Eastern time.

*Note: members do not have to enroll and complete the HumanaBeginnings Program to earn rewards for prenatal and/or postpartum visits with their OB/GYN

1. Prenatal visit with OB-GYN must occur during the first trimester or within 42 days of enrolling with the plan. Postpartum visit with OB-GYN must occur between 7 -84 days after delivery.

Rewards have no cash value. The monetary amounts listed above are reward values, not actual dollars.

For some rewards, your doctor has to tell us that you completed the healthy activity. Once we get this information from your doctor, you will see in the app the option to redeem the reward. For any reward you qualify to earn during the January 2024 – December 2024 plan year, we must get confirmation from your doctor by no later than March 15, 2025.

Go365 for Humana Healthy Horizons is available to all members who meet the requirements of the program. Rewards are not used to direct the member to select a certain provider. Rewards may take 90 to 180 days or greater to receive. Rewards are non-transferrable to other Managed Care Plans or other programs. Members will lose access to the Go365® app and the earned incentives and rewards if they voluntarily dis-enroll from the Humana Healthy Horizons or lose Medicaid eligibility for more than one-hundred eighty (180) days. At the end of plan year (December 31, 2024), members with continuous enrollment will have 90 days to redeem their rewards.

Gift cards cannot be used to purchase prescription drugs or medical services that are covered by Medicare, Medicaid, or other federal healthcare programs; gambling, alcohol; tobacco; drugs (except for over-the-counter drugs), e-cigarettes; or firearms. Gift cards must not be converted to cash. Rewards may be limited to once per year, per activity. See description for details.

ENGLISH: This information is available for free in other languages and formats. Please contact our Customer Service number at **800-477-6931**. If you use **TTY**, call **711**, Monday – Friday, 8 a.m. to 8 p.m.

SPANISH: Esta información está disponible gratuitamente en otros idiomas y formatos. Comuníquese con nuestro Servicio al Cliente llamando al **800-477-6931**. Si usa un **TTY**, marque **711**. El horario de atención es de lunes a viernes de 8 a.m. a 8 p.m.

CREOLE: Enfòmasyon sa a disponib gratis nan lòt lang ak fòma. Tanpri kontakte nimewo Sèvis Kliyan nou an nan **800-477-6931**. Si ou itilize **TTY**, rele **711**, Lendi - Vandredi, 8 a.m. a 8 p.m.

FRENCH: Ces informations sont disponibles gratuitement dans d'autre langues et formats. N'hésitez pas à contacter notre service client au **800-477-6931**. Si vous utilisez un appareil de télétype (**TTY**), appelez le **711** du lundi au vendredi, de 8h00 à 20h00.

ITALIAN: Queste informazioni sono disponibili gratuitamente in altre lingue e formati. La preghiamo di contattare il servizio clienti al numero **800-477-6931**. Se utilizza una telescrivente (**TTY**), chiami il numero **711** dal lunedì al venerdì tra le 8 e le 20:00.

RUSSIAN: Данную информацию можно получить бесплатно на других языках и в форматах. Для этого обратитесь в отдел обслуживания клиентов по номеру **800-477-6931**. Если Вы пользователь **TTY**, звоните по номеру **711** с понедельника по пятницу, с 8.00 до 20.00.

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **800-477-6931 (TTY: 711)**. We are available Monday through Friday, from 8 a.m. to 8 p.m. Eastern time. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

Important!

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion, or language. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618.
If you need help filing a grievance, call **800-477-6931** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the
U.S. Department of Health and Human Services, Office for Civil Rights
electronically through their Complaint Portal, available at
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019, 800-537-7697 (TDD)**. Complaint forms are available at **<https://www.hhs.gov/sites/default/files/ocr-cr-complaint-form-package.pdf>**.

Auxiliary aids and services, free of charge, are available to you.
800-477-6931 (TTY: 711)

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Humana Healthy Horizons in Florida is a Medicaid product of Humana Medical Plan, Inc.

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **800-477-6931 (TTY: 711)**.

Español: (Spanish) ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **800-477-6931 (TTY: 711)**.

Kreyòl Ayisyen: (French Creole) ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele **800-477-6931 (TTY: 711)**.

Tiếng Việt: (Vietnamese) CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **800-477-6931 (TTY: 711)**.