

HumanaBeginnings tips for a healthy pregnancy and baby



To help make sure you stay as healthy as possible during and after your pregnancy, and to make sure your baby is healthy:

- Make sure your healthcare provider knows you are pregnant
- Go to your prenatal appointments, and if you have to miss an appointment, call the doctor's office and reschedule
- Talk to your healthcare provider about your concerns
- Make sure to schedule your routine dental cleanings
- Take the prenatal vitamins your doctor prescribes, because prenatal vitamins have extra minerals and nutrients to help your baby grow and be healthy
- Don't take drugs (including herbal medicine, over-the-counter vitamins, cold and flu medicine, and heartburn pills)
- Eat healthy food and balanced meals, and don't try to diet, because if you're eating right, gaining between 24 and 35 pounds is normal
- Drink between 6 and 8 glasses of water or day – because keeping enough water in your body is important for you and your baby

- Don't drink caffeine, soda, or alcohol (even beer and wine)
- Reduce stress, and try to be on your feet for no longer than five hours at a time
- Exercise carefully, such as by walking, and talk to your healthcare provider before starting any exercise program or activity
- Don't smoke, and stay away from people who are smoking
- Spend time with helpful, positive people
- Read, go to classes, and find out as much as you can about the work your body is doing to grow your healthy baby

We know all moms need help before and after giving birth. Our HumanaBeginnings® Program:

- Is a special program to help our pregnant members take good care of themselves during and after their pregnancy
- Includes rewards for going to the doctor and getting certain screenings and shots
- Provides access to a nurse who can answer questions
- And more



Questions about your pregnancy or your Humana Florida Medicaid coverage and benefits?

- Call: **800-322-2758**, Ext. **1394119**, Monday – Friday, 8:30 a.m. – 5 p.m., Eastern time
- Visit: **[Humana.com/FloridaMoms](https://www.humana.com/FloridaMoms)**

Humana
Healthy Horizons®
in Florida

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)**.