

Breastfeeding



Many women breast feed their babies after delivery. Breastfeeding:

- Helps you bond with your baby
- Gives your baby the necessary nutrition to help him or her grow and thrive

Talk to your doctor (OB/GYN) or midwife about:

- Any health condition(s) that may affect your ability to breastfeed (e.g., diabetes, polycystic ovary syndrome (PCOS))
- Concerns you have about breastfeeding
- Hand expression:
 - A technique where you use your hands to get milk out of your breasts
 - May improve milk supply for some women
- Trouble you had breastfeeding after previous deliveries (if applicable) and how to prevent the same trouble from affecting your ability to breastfeed

Your breastfeeding care team

Before your baby is born, take time to build your breastfeeding care team. This team can support you during the first few months after your baby is born. Your OB-GYN or other prenatal care provider can talk to you about who to include on your team, such as:

- Family and friends
- Lactation specialist
- Counselors
- Nurses, social workers, or other trained professionals
- Other doctors who specialize in specific health conditions
- Doula services may be available in your state

Your family and friends

The people closest to you can help by:

- Caring for your newborn when you want a break (and believe us – you will want and need a break)
- Doing chores (like housework and cooking)
- Helping you get to your healthcare visits
- Offering breastfeeding support
- Providing emotional support

Choose a lactation specialist

Pick a lactation specialist who:

- Can help you before and after birth
- Can help you when are you at home with your baby
- May work with the hospital or birthing center where you plan to deliver
- Work with pediatrician and OB/GYN offices and in the community

Plan for skin-to-skin contact right after delivery

Holding your baby directly against your bare skin right after birth is also known as:

- Kangaroo care
- Skin-to-skin contact

This contact will:

- Help you and your baby bond
- Signal your body to start producing milk

Free up time for breastfeeding

Finding time once your baby is here can be hard. You can free up time for breastfeeding by doing some household prep in the last month of your pregnancy, such as:

- Asking friends to help you after you're home from the hospital or birthing center
- Friends and family can help with items such as:
 - Cooking meals
 - Cleaning
 - Encouraging sleep
- Making microwaveable meals and freezing them
- Setting up your baby's room or area

Not all women can breastfeed and that is okay. Preparing does not always work. Here is some advice if breastfeeding is not the best option for you:

Formula can supply the nutrition your baby needs:

- If you or your baby have a health condition or challenge that makes breastfeeding unworkable
- If you decide not to breastfeed

If you want to breastfeed and have trouble (e.g., getting your baby to latch, using your breast pump, the pumping technique, or increasing your milk supply) talk to your healthcare provider.

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **877-856-5702 (TTY: 711)**. We are available Monday through Friday, from 7 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 preferred language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

Important

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- 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 **877-856-5702** or if you use a TTY, call **711**.
- You can also file a civil rights complaint with the:
 - **Ohio Department of Medicaid (ODM), Office of Civil Rights** by emailing ODM_EEO_EmployeeRelations@medicaid.ohio.gov, faxing **614-644-1434**, or mailing to P.O. Box 182709, Columbus, Ohio 43218-2709; or
 - **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/ocr/office/file/index.html>.

Auxiliary aids and services, free of charge, are available to you. **877-856-5702 (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 Ohio is a Medicaid Product of Humana Health Plan of Ohio, Inc.

Language assistance services, free of charge, are available to you.
877-856-5702 (TTY: 711)

English: Call the number above to receive free language assistance services.

Español (Spanish): Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

नेपाली (Nepali): निःशुल्क भाषासम्बन्धी सहयोग सेवाहरू प्राप्त गर्नका लागि माथिको नम्बरमा फोन गर्नुहोस्।

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.

Soomaali (Somali): Wac lambarka kore si aad u hesho adeegyada caawimaada luuqada oo bilaash ah.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

Français (French): Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

Tiếng Việt (Vietnamese): Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

Kiswahili (Swahili): Piga simu kwa nambari iliyo hapo juu ili upate huduma za usaidizi wa lugha bila malipo.

Українська (Ukrainian): Зателефонуйте за вказаним вище номером для отримання безкоштовної мовної підтримки.

繁體中文 (Traditional Chinese): 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

Ikinyarwanda (Kinyarwanda): Hamagara numero iri haruguru uhabwe serivisi z'ubufasha bw'ururimi ku buntu.

简体中文 (Simplified Chinese): 您可以拨打上面的电话号码以获得免费的语言协助服务。

دري (Dari): برای دریافت خدمات رایگان کمک زبانی با شماره بالا تماس بگیرید.

پشتو (Pashto): د وړيا ژبې ملاتړ ترلاسه کولو لپاره پورته شميرې ته زنگ ووهئ.

አማርኛ (Amharic): ነፃ የቋንቋ ድጋፍ አገልግሎቶችን ለማግኘት ከላይ ባለው ስልክ ቁጥር ይደውሉ።

ગુજરાતી (Gujarati): મફત ભાષા સહાય સેવાઓ મેળવવા માટે ઉપર આપેલા નંબર પર કોલ કરો.