

What to expect in your body during pregnancy



Congratulations! Whether this is your first pregnancy or you've been pregnant before, we know that no two are the same. Being prepared and knowing what to expect can make it just a bit easier. And HumanaBeginnings™ is here to help. After you learn you are pregnant, you should choose a health care provider team. This team may include:

- An obstetrician-gynecologist (OB/GYN), midwife or nurse practitioner for care
- A doula or birth companion for prenatal, labor, and postpartum support
- Nurses or social workers

If you haven't already chosen a health care provider, make sure to do so as soon as you can! As a Humana Healthy Horizons® member, you can find an OB/GYN near you, by visiting [Humana.com/FindADoctor](https://www.humana.com/FindADoctor). Or you can call our member services team at **877-856-5702 (TTY: 711)**, Monday – Friday, 7 a.m. – 8 p.m., Eastern time., and we can find one for you. Once you find a provider, call to set up an appointment to start your prenatal care.

Pregnancies are broken into trimesters. Certain changes happen in your body and your baby's body during each trimester.

First trimester: weeks 1 through 13

- Your baby's organs and body begin to take shape.
- Your baby's heart will start to beat.
- You may feel symptoms like:
 - Breast pain
 - Fatigue
 - Frequent urination
 - Nausea

Second trimester: weeks 14 through 26

- Around week 18:
 - An ultrasound can help detect your baby's gender.
 - Most people start to feel their babies move. These movements become stronger as your pregnancy goes on.
- Around week 24, your baby's footprints and fingerprints form.
- You may feel symptoms like:
 - Constipation
 - Fatigue
 - Heartburn
 - Frequent urination
 - Leg cramps
 - Nausea

Third trimester: weeks 27 through 40

- Around week 28:
 - Start counting your baby’s movements daily. Count them about one hour after a meal or at the time of day your baby moves the most.
 - Monitor the kicks.
 - Count the baby’s movements (e.g., a kick, swish, or roll) once a day.
 - Count any time your baby is active.
 - Count your baby’s movements while lying on your left side. You should feel at least 10 movements in two hours.
 - Call your doctor if:
 - You don’t feel 10 movements in two hours.
 - Your baby needs more and more time to move 10 times.
 - You don’t feel your baby move all day
 - Visit www.CountTheKicks.org to download a free mobile app to help you to track your baby’s movements.
- Around week 32, your baby can open and close their eyes.
- Your baby will start to move into a birth position.
- The healthiest time for a baby to be born is after 39 weeks.
- Babies born between 37 and 39 weeks are early-term babies.
- A premature baby is one who is born before 37 weeks. That includes:
 - Late preterm: Your baby is born between 34 and 36 weeks.
 - Somewhat preterm: Your baby is born between 32 and 34 week.
 - Very preterm: Your baby is born at less than 32 weeks.
 - Extremely preterm: Your baby is born at or before 25 weeks.

Postpartum period (sometimes called the “fourth trimester”): the year after giving birth

Taking care of your baby:

- Connect with your baby in their first hour of life or as soon as you can.
- Your baby will need frequent feedings, a safe space to sleep and a lot of love.
- Your baby will need to visit the pediatrician to get weight checks and vaccines.

Taking care of your body:

- Your body, mind, hormones and feelings will be changing a lot.
- It’s important to listen to and take care of your own body.
- Taking care of yourself is good for you, your baby and your whole family.
- You will take your baby to their doctor visits, so do the same for yourself. Schedule and keep your own visits with your OB, midwife, and any other provider you’ve been seeing.

You are not alone. We’re here to help make sure you have the care you need during and after your pregnancy.

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

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, religion, gender, gender identity, sex, sexual orientation, age, disability, national origin, military status, veteran status, genetic information, ancestry, ethnicity, marital status, language, health status, or need for health services. 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 **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.