



HumanaBeginnings is a program for Humana Healthy Horizons enrollees. Not an enrollee? Consider joining Humana during your annual Open Enrollment Period.

* EPSDT is part of a program by the state. It includes physical checkups, nutritional checkups, immunizations and more—your Enrollee Handbook will have more details.

Humana

Healthy Horizons[®]
in Kentucky

Discrimination is against the law

Humana Healthy Horizons in Kentucky is a Medicaid product of Humana Health Plan Inc. Humana Health Plan, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you.

Call **800-444-9137 (TTY: 711)**.

Español (Spanish) ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **800-444-9137 (TTY: 711)**.

繁體中文 (Chinese) 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **800-444-9137 (TTY: 711)**。

Care for you and your baby

HumanaBeginnings care management program works together with you and your provider to help both you and your baby be healthier throughout pregnancy, delivery and beyond.

Staying on track with your provider visits is important and can keep your baby growing healthier.



Download Go365 for Humana Healthy Horizons to get your prenatal and postpartum rewards started.

Call **888-285-1121 (TTY:711)** to enroll today. Monday – Friday, 8 a.m. – 6 p.m., Eastern time.



HumanaBeginnings rewards you for doing what you do best

Keeping your baby healthy
and well cared for

Humana
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What is HumanaBeginnings?

Having a healthy baby starts long before the baby is born. HumanaBeginnings® gives you the important information you need along with reminders to visit your doctor and keep yourself healthy. We even reward you for your efforts!

Get personal help with your one-on-one care manager

You will get direct help from a care manager who specializes in maternal and child health such as a registered nurse or social worker. They are here to work one-on-one with you regarding appointment scheduling, healthy eating, doula services, education around specific conditions, breastfeeding support and postpartum care for both you and your baby.

You can sign up yourself or be referred by your your obstetrical provider. A HumanaBeginnings team member may also reach out to you when we become aware of your pregnancy.

Your four most important steps



Call **888-285-1121 (TTY: 711)** or email **KYMCDHumanaBeginnings@humana.com** to enroll in HumanaBeginnings.



While pregnant, see your obstetrician-gynecologist (OB/GYN) or midwife on a regular basis.



In the 3-6 weeks after your baby is born make sure you attend a follow up visit with your OB or midwife. You may need to be seen sooner if you had any complication.



Take your child for well-child visits (also called Early and Periodic Screening Diagnostic Treatment or EPSDT* exams). As long as your baby is younger than 18 months, you can earn rewards for the first six visits.

Stay on schedule and see the rewards

In addition to the support you receive through HumanaBeginnings, you can **earn up to \$230 in gift cards** so you can buy the things that keep you and your baby healthy.

Prenatal visit—\$100

Pregnant enrollees can earn **\$10** per prenatal visit, up to 10 prenatal visits, for a total of up to **\$100** per pregnancy.

Postpartum visit—\$50

For enrollees who complete one postpartum visit within seven to 84 days after delivery, per pregnancy

Well-child visit—Up to \$80

For enrollees age 0 to 30 months old who complete one well-child visit



Enrollees must download and register on the Go365 for Humana Healthy Horizons® app to be eligible for rewards.

HumanaBeginnings enrollees who complete a comprehensive assessment and at least 1 follow-up call with a HumanaBeginnings Care Manager can select 1 convertible car seat or portable crib per infant, per pregnancy.