

Having a baby can be hard and bring up a mix of feelings.



HumanaBeginnings™ wants to help you have the healthiest pregnancy and postpartum period you can. Your body goes through many changes during pregnancy. While you expect to be joyful, sometimes you might feel sad, worried and tired. Many refer to this as “baby blues.”

Postpartum depression is depression that occurs after you give birth to your baby. The symptoms of postpartum depression can be more intense and last longer than those of the “baby blues.”

Postpartum anxiety is intense worrying after giving birth.

Depression and anxiety during and after pregnancy are common. And there are ways to fix it. But the signs and symptoms **are not** the same for everyone. This is why it is important to listen to your body and mind. Getting help early can help you start feeling better faster.

Depression and anxiety are caused by factors in your body, your mind and your situation. Your hormones are changing. You are caring for a baby. And you have less time to sleep! Though many factors can cause anxiety and depression, there are many ways to treat it, too:

- Therapy
- Medication
- Getting help from your community and support groups
- Working with Humana’s Care Management team
- Asking for help from friends and family
- Walking or getting exercise
- Eating a healthy diet
- Sleeping when you can

Don’t ignore your symptoms. Don’t be afraid to talk to a doctor if you don’t feel like yourself. Your body goes through many changes during and after pregnancy. It can be difficult to know the cause of your symptoms, so talking to your physician is the first step to making sure you stay healthy.

Humana
Healthy Horizons®
in Florida

Possible symptoms of depression and/or anxiety

Physical	Emotional	Behavioral
<ul style="list-style-type: none">• Sleep problems (too much or too little)• Increased heart rate or heart palpitations• Appetite changes (eating too much or not wanting to eat)• Muscle tension, pain• Joint pain• Headaches• Back pain• Feeling short of breath	<ul style="list-style-type: none">• Unable to relax or stay calm• Racing thoughts• Anger, stress• Feeling on edge or fearful• Feeling scared or panicked• Blaming yourself when things go wrong• Not looking forward to things• Crying a lot• Feeling sad or numb• Feeling like you cannot care for yourself or your baby• Having thoughts of harming yourself or your baby• Feeling hopeless or in total despair	<ul style="list-style-type: none">• Avoiding people or places (especially if you didn't before)• Being very cautious about things that aren't unsafe• Wanting to control• Checking things over and over

Please make and keep all prenatal and postpartum care visits, including visits with your primary care physician, OB/GYN, behavioral health visits and lab work.

Getting the care you need helps you, your baby, your family and your community! Humana is here to support you and help you find the care you need.

If you feel hopeless or feel like you may hurt yourself or your baby:

Call **9-1-1** or call or text the National Suicide Prevention and Crisis Lifeline at **9-8-8**. They offer free and private support. They discuss more than just suicide.

You can also call the Substance Abuse and Mental Health Services Administration's National Helpline at **800-662-HELP (4357)**. They offer 24-hour free and private mental health information, treatment, and recovery referrals in English and Spanish. They can also help you find a mental health provider in your area.

Notice of Non-Discrimination

Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and 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.

Humana Inc. provides free language assistance services to people whose primary language is not English, people with disabilities or who need reasonable modifications or free auxiliary aids and services to communicate effectively with us. These services include qualified interpreters including sign language and written information in other languages and formats (large print, audio, accessible electronic formats, other formats).

If you need reasonable modifications, appropriate auxiliary aids, or language assistance services contact **800-477-6931 (TTY: 711)**, Monday through Friday, from 8 a.m. to 8 p.m., Eastern time. If you believe that Humana, Inc. has not provided these services or you feel you have experienced discrimination, you can file a grievance in person or by mail, or email with Humana Inc.'s Non-Discrimination Coordinator at P.O. Box 14618, Lexington, KY 40512-4618, **800-477-6931 (TTY: 711)**, or **accessibility@humana.com**. If you need help filing a grievance, Humana Inc.'s Non-Discrimination Coordinator can help you.

You can also file a complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, S.W., Room 509F, HHH Building Washington, D.C. 20201. **800-368-1019, 800-537-7697 (TDD)**.

Auxiliary aids and services, free of charge, are available to you. 800-477-6931 (TTY: 711), Monday through Friday, from 8:00 a.m. to 8:00 p.m., Eastern time.

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.

French Creole (Haitian Creole): Kreyòl Ayisyen (French Creole) Rele nimewo ki e dike anwo a pou resevwa sèvis éd gratis nan lang.

This notice is available at **Humana.com/FloridaAccessibility**.

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

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

Italiano (Italian): Chiamare il numero sopra indicato per ricevere servizi di assistenza linguistica gratuiti.

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

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

Português (Portuguese): Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

繁體中文 (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。

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

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

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, należy zadzwonić pod wyżej podany numer.

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

ภาษาไทย (Thai): โทรไปที่หมายเลขด้านบนเพื่อรับบริการช่วยเหลือด้านภาษาฟรี