

Guide to fetal loss

The loss of a baby during pregnancy can be as tough as the loss of any loved one. After such a loss:

- Give yourself time to heal in your body, mind and heart.
- Take time to grieve.
- Talk about your baby and your feelings.

Your partner, friends and family can support you during this time. You also may want to talk with someone trained to help people during the grieving process.

Your provider

Your healthcare provider can help you find services for depression. If you feel intense sadness, they can connect you with people to help you through your grief, like a social worker or counselor.

They can also help share what may have caused your loss, if there was a cause.

HumanaBeginnings and behavioral health care managers

Our maternal and mental health care managers can work together to help you find ways to deal with your grief. They can connect you to providers or community resources as well as provide support and education. They can also help you work through medical and insurance questions.

Other support

- A grief counselor is a mental health provider who can help you find ways to work through your feelings and manage your daily life.
- Your religious and spiritual beliefs may be a comfort to you as you grieve. Reach out to your place of worship for support and comfort.
- A bereavement support group consists of people who have been through similar loss. They meet to share their feelings and try to help each other. A support group can make you feel less alone. HumanaBeginnings™ care managers can help connect you with support and bereavement groups for parents and families who have lost a baby.
- Online support groups can make it easier to connect with others from the comfort of your home. Here are two to try:
 - March of Dimes Share Your Story (www.Share.MarchOfDimes.org)
 - Share Pregnancy & Infant loss Support, Inc. (www.NationalShare.org)

If you suffer a pregnancy loss, we can help. Call or email us to connect with a care manager.

Humana
Healthy Horizons®
in Florida

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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.

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FLHMEDREN_ITN25_0225_Approved

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 કૌલ કરો.

ภาษาไทย (Thai): โทรไปที่หมายเลขด้านบนเพื่อรับบริการช่วยเหลือด้านภาษาฟรี