



Contact us

To learn more about doulas and/or to enroll in our HumanaBeginnings program:

- Call: **888-285-1121 (TTY: 711)**, Monday – Friday, from 8 a.m. – 6 p.m., Eastern time
- Email: **KYMCDHumanaBeginnings@humana.com**

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)**。



Benefits of a doula

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A doula is also known as a birth companion. Doulas:

- Are trained to provide physical and emotional support to a mother before, during, and after a pregnancy
- Have been shown to help mothers have a healthier pregnancy and birth, including improved breastfeeding rates and increased chance of a vaginal birth
- Can help you find birthing classes and get information on comfort measures during delivery
- Go to your midwife or doctor visits with you
- May visit you at home after you give birth

However, doulas:

- Are not medical staff
- Cannot give any medical advice or care

Doula benefit information

All pregnant Humana Healthy Horizons® in Kentucky enrollees can get doula assistance at no cost before, during, and after a pregnancy. Here's what you need to know about this value-added benefit:

A doula can provide:

- Emotional and physical support to the laboring mother and her family
- 5 prenatal visits
- 3 postpartum visits
- 1 visit for delivery assistance

To find a doula services provider near you, visit:

www.doulamatch.net/list/birth/ky

For best search experience, please use Google Chrome. Other web browsers may not be compatible with this online service.

Note: Doulas are not:

- Listed in our online Find a Doctor service or in our Provider Directories
- Primary care physicians or OB-GYNs or Midwives

Enrollees can find and contact a doula services provider without asking us for permission (or getting prior authorization).

For help finding a doula services provider, call:

- Your HumanaBeginnings® Care Manager (if you have one)
- Enrollee Services at **800-444-9137 (TTY: 711)**

The doula services provider you pick:

- **Must** be willing to bill Humana Healthy Horizons in Kentucky for reimbursement
- Will bill us directly (submit a claim) for the services you receive (to include only the services available through this benefit)
- Will receive reimbursement directly from Humana Healthy Horizons in Kentucky



HumanaBeginnings

We also offer our pregnant enrollees access to our HumanaBeginnings program.

This program:

- Is for our pregnant enrollees
- Includes rewards like a portable crib or car seat
- Provides the help we know you need before and after you give birth

Enroll in our HumanaBeginnings program and:

- Earn up to **\$230 in rewards** after completing prenatal care, postpartum care, and well-baby visits
- Get a free hospital-grade or non-hospital grade breast pump, once your OB provider submits an order
- Have meals delivered to your home after your baby is born, following an inpatient hospital stay