



Take advantage of your value added benefits by taking a look at the list of offerings below:

- **Baby and Me Meals:** Up to 2 pre-cooked home-delivered meals per day for 10 weeks for pregnant members who are high risk. Care Manager approval required.
- **Convertible Car Seat or Portable Crib:** Pregnant members who meet each of the above eligibility criteria will receive 1 convertible car seat or portable crib per pregnancy and per baby (for example, if you have twins, you are eligible for 2 portable cribs).

Member must be enrolled in the HumanaBeginnings care management program to qualify for the benefit.

- **A doula, also known as a birth companion:**
 - Can help you find birthing classes and get information on comfort measures during delivery
 - Goes to doctors' visits with you
 - Has been shown to help mothers have a healthier pregnancy and birth, including improved breastfeeding rates and increased chance of a vaginal birth
 - Is trained to provide physical and emotional support to a mother before, during, and after a pregnancy

Humana Healthy Horizons in Ohio covers doula services for pregnant and postpartum members. A doula is a trained, non-medical professional who can advocate for you during your pregnancy. They provide support before, during and after childbirth. To find a doula near you, you can visit Nursing.Ohio.gov/doulas or call member services.

Health plan reminders for our pregnant members

We know you're facing many changes in your life right now and have a lot to do – and we can help.

Our HumanaBeginnings® program is for our pregnant members and new moms. Enroll and get access to a care manager and other useful resources and benefits, like a free portable crib.

To learn more about and enroll in HumanaBeginnings, our program for pregnant Humana Healthy Horizons in Ohio members:

- Call: **877-856-5702 (TTY: 711)**,
Monday – Friday, 7 a.m. – 8 p.m., Eastern time
- Email: **OHMCDMaternity@humana.com**

Taking Care of You

The Humana Community Navigator tool is a wonderful resource that you can access within your MyHumana account. This will give you resources related to lactation consulting and support, maternal support groups, breast pumps, and more near you! Just begin your search by typing in your ZIP code.

Humana Healthy Horizons® in Ohio

A rewards program as unique as you are

At Humana, we want to help you live your best life in your best health possible. As part of our commitment to you, we offer rewards for taking healthy actions – because making good choices rewarding is what human care is all about.

Sign up for Go365 for Humana Healthy Horizons®, complete healthy activities, and earn rewards.

Some rewards you may qualify for right now and after your baby is born include:

- \$100 in rewards for having prenatal visits during your pregnancy
 - You will earn \$10 in rewards per visit, up to 10 visits, max \$100 per pregnancy
- \$50 in rewards for having one postpartum visit between seven and 84 days after delivery, once per pregnancy
- Well-Child Visits (16 to 30 months): \$10 in rewards per visit, up to two visits, max \$20 per year
- Well-Child Visits (0 to 15 months): \$10 in rewards per visit, up to six visits, max \$60 per year



Download the Go365 for Humana Healthy Horizons mobile app at **[Humana.com/Mobile-Apps](https://www.humana.com/mobile-apps)**.

Learn more about Go365 for Humana Healthy Horizons at **[Humana.com/OhioGo365](https://www.humana.com/ohiog365)**.

After you deliver

Your baby will be enrolled in Humana Healthy Horizons® in Ohio effective the month they are born. You do not have to do anything to enroll your baby.

After your baby is born, if you want to enroll him or her in another contractor's health plan, call the Ohio Medicaid Consumer Hotline at **800-324-8680 (TTY: 711)**, Monday – Friday, from 7 a.m. – 8 p.m., Eastern time, and on Saturday, from 8 a.m. – 5 p.m., Eastern time.

Have a visit with the doctor who delivers your baby between three and six weeks after your baby is born. During this visit, talk to your doctor about your family-planning options.

Lactation/breastfeeding support

If you can, start breastfeeding as soon after your baby's birth as possible. Babies tend to be alert in the first few hours of life, so breastfeeding right away makes the most of this natural wakefulness. After this, newborns will sleep for most of the next 24 hours. At that point, it might be harder to get your baby to latch on.

Have questions about how to properly breastfeed your baby? Learn all about breastfeeding [here](#).

Not able to breastfeed regularly? You can get a free breast pump and milk storage bags. Call member services for more information.

Healthcare for babies

Children should see their doctors regularly from birth through age 20, to make sure they are and stay healthy.

Learn the basics of caring for your newborn through the **KidsHealth Newborn Center**. This gives you tips about childbirth, breastfeeding, bringing your baby home, changing a diaper, bonding with your baby and many other helpful topics. It's a great resource, whether you're a new parent or not.

Members up to age 20 can get any medically necessary health service to treat, prevent, or improve a health problem. This special set of federal benefits is called Early and Periodic Screening, Diagnostic and Treatment (EPSDT) services. Healthchek is Ohio's EPSDT program.

The purpose of Healthchek is to find and treat health problems early, so your child can have the best possible health and development possible.

Call Member Services for more information and to enroll at **877-856-5702 (TTY: 711)**.

Healthchek is free and covers:

- 10 well-child checkups in the first 2 years of life (13 checkups in the first 3 years of life)
- Annual checkups for Medicaid recipients in Ohio between the ages of 3 and 20
- Hearing, vision, and dental screenings to diagnose any health problems your child may have
Medical and dental treatments and equipment determined as medically necessary

Your baby needs a checkup within seven days of birth. If you do not have a doctor for your baby (pediatrician), use our online Find a Doctor service at **[Humana.com/FindADoctor](https://www.humana.com/FindADoctor)** to look for doctors in your area.

Visit **[Humana.com/OhioKids](https://www.humana.com/OhioKids)** for more information about:

- Healthchek
- Vaccines and healthcare your child needs between birth and age 21
- When your baby should see their pediatrician

We do our best to make health care easy.

We aim to give you what you need to feel your best PLUS things that you didn't even know you needed. Telling you what's healthy isn't enough. We want to help you get there.

We call that human care.

Go365 for Humana Healthy Horizons is available to all who meet the requirements of the program. Rewards are not used to direct you to select a certain provider. Rewards have no cash value. The monetary amounts listed above are reward values, not actual dollars. For some rewards, your doctor has to tell us that you completed the healthy activity. Once we get this information from your doctor, you will see in the app the option to redeem the reward. For any reward you qualify to earn during the current plan year, we must get confirmation from your doctor by no later than March 15 of the following plan year. E-gift cards cannot be used to purchase prescription drugs or medical services that are covered by Medicare, Medicaid, or other federal healthcare programs; gambling, alcohol; tobacco; e-cigarettes; or firearms. E-gift cards must not be converted to cash. Rewards may be limited to once per year, per activity.

Behavioral health

Dial **9-8-8** or text HOME to **741741** to reach a crisis counselor 24 hours a day, 7 days a week. Call if you or someone else is:

- Thinking of suicide or hurting themselves
- Having a mental health crisis
- Having a substance use crisis

The **National Maternal Mental Health Hotline** offers support 24 hours a day, 7 days a week. Call or text **1-833-TLC-MAMA** or **1-833-852-6262**. The hotline is private and free.

You, your partner and family can get help in English and Spanish before, during and after your pregnancy. You can talk with mental health providers, childbirth, and other specialists who can help you. The hotline offers support, understanding, brief intervention and resources.

If you don't have a mobile phone, call Safelink Health Solutions at **877-631-2550** to learn how you can get a smartphone at no cost to you. Or visit **[Humana.com/OhioFreePhone](https://www.humana.com/OhioFreePhone)** for more information.

Auxiliary aids and services, free of charge, are available to you.
877-856-5702 (TTY: 711), Monday through Friday, from 7:00 a.m. to 8:00 p.m., Eastern time.

Humana Inc. and its subsidiaries comply with Section 1557 by providing free auxiliary aids and services to people with disabilities when auxiliary aids and services are necessary to ensure an equal opportunity to participate. Services include qualified sign language interpreters, video remote interpretation, and written information in other formats.

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.

Українська (Ukrainian): Зателефонуйте за вказаним вище номером для отримання безкоштовної мовної підтримки.

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.

Kiswahili (Swahili): Piga simu kwa nambari iliyo hapo juu ili upate huduma za usaidizi wa lugha bila malipo.

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

Kinyarwanda (Burundi): Hamagara numero yatanzwe haruguru kugira ngo uhabwe serivisi z'ubufasha bw'indimi ku buntu.

O'zbekcha (Uzbek): Til yuzasidan bepul yordam olish uchun yuqoridagi raqamga qo'ng'iroq qiling.

پښتو (Pashtu): د وړيا ژبې ملاتړ ترلاسه کولو لپاره پورته شميرې ته زنگ ووهئ.

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

ትግርኛ (Tigrinya):- ነፃ ናይ ቋንቋ ሓገዝ ኣገልግሎት ንምርካብ በዚ ኣብ ላዕሊ ዘሎ ቁፅሪ ይደውሉ።

دري (Dari): برای دریافت خدمات رایگان کمک زبانی با شماره بالا تماس بگیرید.

This notice is available at [Humana.com/OhioDocuments](https://www.humana.com/OhioDocuments).

Humana Healthy Horizons in Ohio is a Medicaid Product of Humana Health Plan of Ohio, Inc.

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