Postpartum Care

After you have your baby, you have to:

- Focus on making sure your baby is healthy
- Make time to take of your health, too

Your doctor is in charge of your care after your baby is born (called the postpartum period). Call your doctor first if you have questions about your health before or after your baby is born.

We recommend:

- Having a postpartum visit with the doctor who delivered your baby between three and six weeks after your baby was born
- Talking to your doctor about your family-planning options
- Having a visit with your doctor to determine the health care you may need over the next few months

Even if you feel fine:

- Your postpartum appointment is important for your health after giving birth
- You won't want to miss the appointment

During this postpartum period, you can get help from a doula. A doula, or birth support person, can provide:

- Necessary education, emotional, and physical support
- Infant care



Family planning[1]

Experts recommend that pregnancies be at least 18 months apart to:

- Give your body time to heal
- Help you have healthy pregnancies and births

Using birth control is one way to help you:

- Avoid an unintended pregnancy
- Plan your family

According to the American College of Obstetricians and Gynecologists, some birth-control options to consider include:

- Barrier methods, including condoms, spermicide, diaphragm, cervical cap, and sponge
- Combined hormonal methods, including pills, ring, and patch
- Intrauterine device (IUD) and implant
- Progestin-only methods, including pills and injection
- Sterilization

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Post-birth warning signs

After giving birth, most women recover without problems. Sometimes, problems occur. These problems, or post-birth warning signs, can include:

- Bleeding, soaking through one pad/hour, or blood clots the size of an egg or bigger
- Headache that does not get better, even after taking medicine, or a bad headache with changes to your vision
- Incision that is not healing
- Obstructed breathing or shortness of breath
- Pain in your chest
- Red or swollen leg that is painful or warm to the touch
- Seizures
- Temperature of 100.4 °F or higher

You are not alone

Many moms experience feelings of sadness, sometimes called "the baby blues." These feelings may indicate you are suffering from postpartum depression and/or postpartum anxiety.

There is help available if you:

- Feel like you just aren't yourself or overwhelmed by what's happening in your life
- Have mood swings – which is common, but should go away after one or two weeks
- Have trouble managing your emotions
- Feel foggy and have difficulty completing tasks
- Feel "robotic," like you are just going through the motions
- Have feelings of intense anxiety that hit with no warning
- Have little interest in things that you used to enjoy
- Have scary, upsetting thoughts that don't go away



For help, call:

- The Ohio CareLine at **800-720-9616**, 24 hours a day, 7 days a week to speak to someone trained to help
- Us at **877-856-5702 (TTY: 711)**, Monday – Friday, 7 a.m. – 8 p.m., Eastern time

Call 911, the National Suicide Prevention Hotline **(800-273-8255)**, and your physician if you:

- Feel hopeless and total despair
- Feel out of touch with reality (you may see or hear things that other people don't)
- Feel that you may hurt yourself or your baby

These are serious signs. You may need immediate help.

Do not feel afraid to reach out or ask for help.

1. Postpartum Birth Control. The American College of Obstetricians and Gynecologists, last accessed on November 29, 2021, https://www.acog.org/womens-health/faqs/postpartum-birth-control.

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **877-856-5702 (TTY: 711)**. We are available Monday through Friday, from 7 a.m. to 8 p.m., Eastern time. We can help you at no cost to you. We can explain the document in English or in your preferred language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

Important

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries 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. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
  Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618.
  If you need help filing a grievance, call **877-856-5702** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the:
  - **Ohio Department of Medicaid (ODM), Office of Civil Rights** by emailing **ODM_EEO_EmployeeRelations@medicaid.ohio.gov**, faxing **614-644-1434**, or mailing to P.O. Box 182709, Columbus, Ohio 43218-2709; or
  - **U.S. Department of Health and Human Services**, **Office for Civil Rights** electronically through their Complaint Portal, available at **https://ocrportal.hhs.gov/ocr/portal/lobby.jsf**, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019, 800-537-7697 (TDD)**. Complaint forms are available at **https://www.hhs.gov/ocr/office/file/index.html**.

Auxiliary aids and services, free of charge, are available to you. **877-856-5702 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

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

Language assistance services, free of charge, are available to you.

877-856-5702 (TTY: 711)

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.

नेपाली (Nepali): नि:शुल्क 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.

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

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

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

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

繁體中文 (Traditional 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。

Ikinyarwanda (Kinyarwanda): Hamagara nomero iri haruguru uhabwe serivisi z'ubufasha bw'ururimi ku buntu.

简体中文 (Simplified Chinese): 您可以拨打上面的电话号码以获得免费的语言协助服务。

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

پشتو (Pashto): د وړیا ژبې ملاتړ ترلاسه کولو لپاره پورته شمیرې ته زنګ ووهئ.

አማርኛ (Amharic): ነፃ የቋንቋ ድጋፍ አገልግሎቶችን ለማግኘት ከላይ ባለው ስልክ ቁጥር ይደውሉ።

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