

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

Humana
Healthy Horizons®
in Virginia



Family planning¹

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

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

1. Postpartum Birth Control. The American College of Obstetricians and Gynecologists, last accessed on June 16, 2025, <https://www.acog.org/womens-health/faqs/postpartum-birth-control>.



For help, call:

- Member Services at **844-881-4482 (TTY: 711)**, Monday – Friday, 8 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.

Notice of Availability - Auxiliary Aids and Services Notice

English: Free language, auxiliary aid, and alternate format services are available.
Call **844-881-4482 (TTY: 711)**.

العربية [Arabic]: تتوفر خدمات اللغة والمساعدة الإضافية والتنسيق البديل مجانًا. اتصل على الرقم **844-881-4482 (الهاتف النصي: 711)**.

Հայերեն [Armenian]: Հասանելի են անվճար լեզվական, աջակցման և այլընտրանքային ձևաչափի ծառայություններ: Չանգահարե՛ք **844-881-4482 (TTY: 711)**:

বাংলা [Bengali]: বিনামূল্যে ভাষা, আনুষঙ্গিক সহায়তা, এবং বিকল্প বিন্যাসে পরিষেবা উপলব্ধ। ফোন করুন **844-881-4482 (TTY: 711)** নম্বরে।

简体中文 [Simplified Chinese]: 我们可提供免费的语言、辅助设备以及其他格式版本服务。请致电 **844-881-4482 (听障专线: 711)**。

繁體中文 [Traditional Chinese]: 我們可提供免費的語言、輔助設備以及其他格式版本服務。請致電 **844-881-4482 (聽障專線: 711)**。

Kreyòl Ayisyen [Haitian Creole]: Lang gratis, èd oksilyè, ak lòt fòm a sèvis disponib. Rele **844-881-4482 (TTY: 711)**.

Hrvatski [Croatian]: Dostupni su besplatni jezik, dodatna pomoć i usluge alternativnog formata. Nazovite **844-881-4482 (TTY: 711)**.

فارسی [Farsi]: خدمات زبان رایگان، کمک های اضافی و فرمت های جایگزین در دسترس است. با **844-881-4482 (TTY: 711)** تماس بگیرید.

Français [French]: Des services gratuits linguistiques, d'aide auxiliaire et de mise au format sont disponibles. Appeler le **844-881-4482 (TTY: 711)**.

Deutsch [German]: Es stehen kostenlose unterstützende Hilfs- und Sprachdienste sowie alternative Dokumentformate zur Verfügung. Telefon: **844-881-4482 (TTY: 711)**.

Ελληνικά [Greek]: Διατίθενται δωρεάν γλωσσικές υπηρεσίες, βοηθήματα και υπηρεσίες σε εναλλακτικές προσβάσιμες μορφές. Καλέστε στο **844-881-4482 (TTY: 711)**.

ગુજરાતી [Gujarati]: નિ:શુલ્ક ભાષા, સહાયક સહાય અને વૈકલ્પિક ફોર્મેટ સેવાઓ ઉપલબ્ધ છે. **844-881-4482 (TTY: 711)** પર કોલ કરો.

עברית [Hebrew]: שירותים אלה זמינים בחינם, שירותי תרגום, אביזרי עזר וטקסטים בפורמטים חלופיים. נא התקשר למספר **844-881-4482 (TTY: 711)**

हिन्दी [Hindi]: नि:शुल्क भाषा, सहायक मदद और वैकल्पिक प्रारूप सेवाएं उपलब्ध हैं। **844-881-4482 (TTY: 711)** पर कॉल करें।

Hmoob [Hmong]: Muaj kev pab txhais lus, pab kom hnov suab, thiab lwm tus qauv pab cuam. Hu **844-881-4482 (TTY: 711)**.

Italiano [Italian]: Sono disponibili servizi gratuiti di supporto linguistico, assistenza ausiliaria e formati alternativi. Chiama il numero **844-881-4482 (TTY: 711)**.

日本語 [Japanese]: 言語支援サービス、補助支援サービス、代替形式サービスを無料でご利用いただけます。**844-881-4482 (TTY: 711)** までお電話ください。

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

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ភាសាខ្មែរ [Khmer]: សេវាកម្មផ្នែកភាសា ជំនួយ និង សេវាកម្មជូនម្រងផ្សេងជំនួសអាច
រកបាន។ ទូរសព្ទទៅលេខ **844-881-4482 (TTY: 711)**។

한국어 [Korean]: 무료 언어, 보조 지원 및 대체 형식 서비스를 이용하실 수 있습니다.
844-881-4482 (TTY: 711)번으로 문의하십시오.

ພາສາລາວ [Lao]: ມີການບໍລິການດ້ານພາສາ, ອຸປະກອນຊ່ວຍເຫຼືອ ແລະ ຮູບແບບທາງເລືອກອື່ນ
ໃຫ້ໃຊ້ຜິດ. ໂທ **844-881-4482 (TTY: 711)**.

Diné [Navajo]: Saad t'áa' jiik'eh, t'áadoole'é binahjì' bee adahodooníí'gíí' diné bich'í'
anídahazt'í'í, dóo' łahgo át'éego bee hada' dilyaaígíí' bee bika' aanída'awo'í dahóló. Kohjì'
hodíilnih **844-881-4482 (TTY: 711)**.

Polski [Polish]: Dostępne są bezpłatne usługi językowe, pomocnicze i alternatywne formaty.
Zadzwoń pod numer **844-881-4482 (TTY: 711)**.

Português [Portuguese]: Estão disponíveis serviços gratuitos de ajuda linguística auxiliar e
outros formatos alternativos. Ligue **844-881-4482 (TTY: 711)**.

ਪੰਜਾਬੀ [Punjabi]: ਮੁਫਤ ਭਾਸ਼ਾ, ਸਹਾਇਕ ਸਹਾਇਤਾ, ਅਤੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਸੇਵਾਵਾਂ ਉਪਲਬਧ ਹਨ।
844-881-4482 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ।

Русский [Russian]: Предоставляются бесплатные услуги языковой поддержки,
вспомогательные средства и материалы в альтернативных форматах. Звоните по номеру
844-881-4482 (TTY: 711).

Español [Spanish]: Los servicios gratuitos de asistencia lingüística, ayuda auxiliar y
servicios en otro formato están disponibles. Llame al **844-881-4482 (TTY: 711)**.

Tagalog [Tagalog]: Magagamit ang mga libreng serbisyong pangwika, serbisyo o device na
pantulong, at kapalit na format. Tumawag sa **844-881-4482 (TTY: 711)**.

தமிழ் [Tamil]: இலவச மொழி, துணை உதவி மற்றும் மாற்று வடிவ சேவைகள் உள்ளன.
844-881-4482 (TTY: 711) ஐ அழைக்கவும்.

తెలుగు [Telugu]: ఉచిత భాష, సహాయక మద్దతు, మరియు ప్రత్యామ్నాయ ఫార్మాట్ సేవలు
అందుబాటులో గలవు. **844-881-4482 (TTY: 711)** కి కాల్ చేయండి.

[Urdu]: مفت زبان، معاون امداد، اور متبادل فارمیٹ کی خدمات دستیاب ہیں۔ **844-881-4482 (TTY: 711)** اردو

Tiếng Việt [Vietnamese]: Có sẵn các dịch vụ miễn phí về ngôn ngữ, hỗ trợ bổ sung và định
dạng thay thế. Hãy gọi **844-881-4482 (TTY: 711)**.

አማርኛ [Amharic]: ቋንቋ፣ አገዥ ማዳመጫ እና አማራጫ ቅርፀት ያላቸው አገልግሎቶችን ይገኛሉ። በ
844-881-4482 (TTY: 711) ላይ ይደውሉ።

Bàsà [Bassa]: Wuḍu-xwíníín-mú-zà-zà kùà, Hwòdò-fà'ngò-nyò, kè nyò-bò'ń-n-pò-kà bɛ́ bɛ́
nyuɛɛ se wídí pɛ́ɛ-pɛ́ɛ dò kò. **844-881-4482 (TTY: 711)** dá.

Bekee [Igbo]: Asụsụ n'efu, enyemaka nkwarụ, na ọrụ usoro ndị ọzọ dị. Kpọọ **844-881-4482 (TTY: 711)**.

Òyìnbó [Yoruba]: Àwọn isẹ̀ àtilẹ̀hìn ìrànጓwọ̀ èdè, àtì ọ̀nà kíkà mírán wà lárọ̀wọ̀tọ̀. Pe
844-881-4482 (TTY: 711).

नेपाली [Nepali]: भाषासम्बन्धी निःशुल्क, सहायक साधन र वैकल्पिक फार्मेट (ढाँचा/व्यवस्था)
सेवाहरू उपलब्ध छन् । **844-881-4482 (TTY: 711)** मा कल गर्नुहोस् ।