

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 Louisiana



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



For help, call:

- Member Services at **1-800-448-3810 (TTY: 711)**, Monday – Friday, 7 a.m. – 7 p.m.
- 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.

Auxiliary aids and services, free of charge, are available to you.
1-800-448-3810 (TTY: 711), Monday through Friday, from 7:00 a.m. to 7:00 p.m.

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.

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.

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。

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

Português (Portuguese): Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

ພາສາລາວ (Lao): ໂທຫາເບີໂທລະສັບຂ້າງເທິງ ເພື່ອຮັບບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາຟຣີ.

日本語 (Japanese): 無料の言語支援サービスを受けるには、上記の番号までお電話ください。

اُردو (Urdu): مفت لسانی اعانت کی خدمات موصول کرنے کے لیے درج بالا نمبر پر کال کریں۔

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

فارسی (Farsi): برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

ภาษาไทย (Thai): โทรไปที่หมายเลขด้านบนเพื่อรับบริการช่วยเหลือด้านภาษาฟรี

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