



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 or car seat.

Learn more about HumanaBeginnings at Humana.com/LouisianaMoms.

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 prenatal visit, up to 10 prenatal visits per pregnancy
- **\$25 in rewards** for having one postpartum visit between seven and 84 days after delivery, once per pregnancy
- **Up to \$60 in rewards** for taking your baby to well-child visits
 - You will earn **\$10 in rewards** per well-child visit, up to six well-child visits



Download the Go365 for Humana Healthy Horizons mobile app at Humana.com/Mobile-Apps.

Learn more about Go365 for Humana Healthy Horizons at Humana.com/LouisianaGo365.

Humana Healthy Horizons® in Louisiana

After you deliver

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

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.

Healthcare for babies

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

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.

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

These benefits are free and cover:

- 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 Louisiana 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/LouisianaKids](https://www.humana.com/LouisianaKids) for more information about:

- Early and Periodic Screening, Diagnostic and Treatment services
- Vaccines and healthcare your baby 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.**

Rewards have no cash value. The monetary amounts listed above are reward values, not actual dollars.

Go365 for Humana Healthy Horizons is available to all members who meet the requirements of the program. Rewards are not used to direct the member to select a certain provider. 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.

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

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

Humana Healthy Horizons in Louisiana is a Medicaid product of Humana Health Benefit Plan of Louisiana Inc.