

Quitting smoking during your pregnancy comes with many benefits

HumanaBeginnings® wants to help you have the healthiest pregnancy possible, and we are here to support you!

When you quit smoking, you give your baby—and yourself—the biggest gifts.



For your baby, quitting smoking...

Lowers the risk of:

- Being born too early
- Birth defects
- Sudden infant death syndrome (SIDS)

Leads to better birth outcomes with:

- Fewer breathing problems
- Reduced ear infections
- Decreased learning and behavior problems later in life

For you, quitting smoking...

Reduces your risk for pregnancy complications, including:

- Premature birth
- Low birth weight
- Miscarriage

Decreases your lifetime risk for chronic diseases such as:

- Heart disease
- Stroke
- Cancer

You can take the first step today! It's free through your health plan.



Call 1-800-QUIT-NOW

**Scan the QR code
or learn more online
at Huma.na/47F545G**



Humana
Healthy Horizons®
in Louisiana

LAHMHVZEN



Did you know?

The moment you quit smoking, your body begins to heal—within minutes.

After 20 minutes	Pulse and blood pressure drop back to normal levels. Hands and feet warm to usual temperature.
After 8 hours	Carbon monoxide in your blood drops to half. Oxygen level goes back to normal.
After 12 hours	Carbon monoxide level is back to normal. Your heart doesn't have to pump so hard to get oxygen to your body.
After 24 hours	Your chances of having a heart attack decrease dramatically.
After 48 hours	Your senses of taste and smell sharpen as nerve endings begin to heal. Your lungs start to kick out mucus left behind from cigarettes.
After 72 hours	Breathing becomes easier, and you have more energy. Your lungs keep getting better.

For more information on the HumanaBeginnings program and how we can assist you, call Member Services at 1-800-448-3810 (TTY: 711), Monday – Friday, from 7 a.m. – 7 p.m.

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 ເພື່ອຮັບບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາຝຣັ່ງ.

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。

اُردُو (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.