Pregnancy and heart health



Pregnancy comes with a lot of emotions. You might feel excited and nervous. But staying prepared during pregnancy can help ease your concerns. Your heart health is a great place to start, and that includes learning about preeclampsia.

Preeclampsia, or high blood pressure, is common and manageable during pregnancy. But left untreated, it can lead to serious issues. Here's what you need to know:

What raises your risk of preeclampsia?

- Being over age 40
- A first-time pregnancy
- Preeclampsia in past pregnancies
- Carrying multiple babies
- In vitro fertilization
- Family history of preeclampsia
- Type 1 or type 2 diabetes
- Obesity, lupus or thrombophilia

What are the signs of preeclampsia?

- Swelling of hands and feet
- Sudden weight gain
- Persistent headaches
- Difficulty breathing
- Pain on the right side below ribs
- Reduced urination
- Nausea and vomiting
- Lightheadedness and vision changes

How can you accurately test your blood pressure?

- Avoid exercise for 30 minutes before testing
- Do not smoke or consume caffeine before the reading
- Empty your bladder
- Uncover your arm for the cuff
- Rest at least 5 minutes before the reading
- Sit with your feet on the floor
- Avoid talking during the reading
- Support your arm at heart level

How can you protect your heart during pregnancy?

- Adopt a heart-healthy diet
- Exercise regularly
- Attend all your prenatal checkups

Scan the QR code to learn more

If you are at risk for preeclampsia, take extra care and have your blood pressure checked regularly. Working closely with your doctor can help you manage your risk.

Humana
Healthy Horizons®
in Kentucky

KYHN76EEN

Auxiliary aids and services, free of charge, are available to you. **800-444-9137 (TTY: 711)**, Monday through Friday, from 7:00 a.m. to 7:00 p.m., Eastern time.

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.

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。

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

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

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

Srpsko-hrvatski (Serbo-Croatian): Nazovite gore navedeni broj ako želite besplatne usluge jezične pomoći.

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。

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

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

Deitsch (Pennsylvania Dutch): Ruf die Nummer owwe fer koschdefrei Hilf in dei eegni Schprooch.

नेपाली (Nepali): निःशुल्क भाषासम्बन्धी सहयोग सेवाहरू प्राप्त गर्नका लागि माथिको नम्बरमा फोन गर्नुहोस् ।

Oroomiffa (Oromo): Tajaajila gargaarsa afaan argachuudhaf bilbila armaan oli irratti bilbilaa.

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

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

Ikirundi (Bantu – Kirundi): Hamagara izo numero ziri hejuru uronswe ubufasha kwa gusa bw'uwugusobanurira mu rurimi wumva.

This notice is available at **Humana.com/KentuckyDocuments**.

Humana Healthy Horizons in Kentucky is a Medicaid Product of Humana Health Plan Inc.
KYHMEDSEN_Approved