

# HumanaBeginnings tips for a healthy pregnancy and baby



## To help make sure you stay as healthy as possible during and after your pregnancy, and to make sure your baby is healthy:

- Make sure your healthcare provider knows you are pregnant
- Go to your prenatal appointments, and if you have to miss an appointment, call the doctor's office and reschedule
- Talk to your healthcare provider about your concerns
- Make sure to schedule your routine dental cleanings
- Take the prenatal vitamins your doctor prescribes, because prenatal vitamins have extra minerals and nutrients to help your baby grow and be healthy
- Don't take drugs (including herbal medicine, over-the-counter vitamins, cold and flu medicine, and heartburn pills)
- Eat healthy food and balanced meals, and don't try to diet, because if you're eating right, gaining between 24 and 35 pounds is normal
- Drink between 6 and 8 glasses of water or day – because keeping enough water in your body is important for you and your baby

- Don't drink caffeine, soda, or alcohol (even beer and wine)
- Reduce stress, and try to be on your feet for no longer than five hours at a time
- Exercise carefully, such as by walking, and talk to your healthcare provider before starting any exercise program or activity
- Don't smoke, and stay away from people who are smoking
- Spend time with helpful, positive people
- Read, go to classes, and find out as much as you can about the work your body is doing to grow your healthy baby

## We know all moms need help before and after giving birth. Our HumanaBeginnings® Program:

- Is a special program to help our pregnant members take good care of themselves during and after their pregnancy
- Includes rewards for going to the doctor and getting certain screenings and shots
- Provides access to a nurse who can answer questions
- And more



## Questions about your pregnancy or your Humana Florida Medicaid coverage and benefits?

- Call: **800-322-2758**, Ext. **1394119**, Monday – Friday, 8:30 a.m. – 5 p.m., Eastern time
- Visit: **[Humana.com/FloridaMoms](https://www.humana.com/FloridaMoms)**

**Humana**  
Healthy Horizons®  
in Florida

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You can also file a complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, S.W., Room 509F, HHH Building Washington, D.C. 20201. **800-368-1019, 800-537-7697 (TDD)**.

**Auxiliary aids and services, free of charge, are available to you. 800-477-6931 (TTY: 711), Monday through Friday, from 8:00 a.m. to 8:00 p.m., Eastern time.**

**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.

**French Creole (Haitian Creole):** Kreyòl Ayisyen (French Creole) Rele nimewo ki e dike anwo a pou resevwa sèvis éd gratis nan lang.

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

Humana Healthy Horizons in Florida is a Medicaid product of Humana Medical Plan, Inc.

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

**Italiano (Italian):** Chiamare il numero sopra indicato per ricevere servizi di assistenza linguistica gratuiti.

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

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

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

**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。

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

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

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

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

**Polski (Polish):** Aby skorzystać z bezpłatnej pomocy językowej, należy zadzwonić pod wyżej podany numer.

**ગુજરાતી (Gujarati):** મફત ભાષા સહાય સેવાઓ મેળવવા માટે ઉપર આપેલા નંબર પર કૌલ કરો.

**ภาษาไทย (Thai):** โทรไปที่หมายเลขด้านบนเพื่อรับบริการช่วยเหลือด้านภาษาฟรี