

What to expect in your body during pregnancy



Congratulations! Whether this is your first pregnancy or you've been pregnant before, we know that no two are the same. Being prepared and knowing what to expect can make it just a bit easier. And HumanaBeginnings® is here to help. After you learn you are pregnant, you should choose a healthcare provider team. This team may include:

- An obstetrician-gynecologist (OB/GYN), midwife or nurse practitioner for care
- A doula or birth companion for prenatal, labor, and postpartum support
- Nurses or social workers

If you haven't already chosen a healthcare provider, make sure to do so as soon as you can! As a Humana Healthy Horizons® member, you can find an OB/GYN near you, by visiting [Humana.com/FindADoctor](https://www.humana.com/FindADoctor). Or you can call our member services team at **800-444-9137 (TTY: 711)**, Monday through Friday, from 7 a.m. to 7 p.m., Eastern time., and we can find one for you. Once you find a provider, call to set up an appointment to start your prenatal care.

Pregnancies are broken into trimesters. Certain changes happen in your body and your baby's body during each trimester.

Humana
Healthy Horizons®
in Florida

First trimester: weeks 1 through 13

- Your baby's organs and body begin to take shape.
- Your baby's heart will start to beat.
- You may feel symptoms like:
 - Breast pain
 - Fatigue
 - Frequent urination
 - Nausea

Second trimester: weeks 14 through 26

- Around week 18:
 - An ultrasound can help detect your baby's gender.
 - Most people start to feel their babies move. These movements become stronger as your pregnancy goes on.
- Around week 24, your baby's footprints and fingerprints form.
- You may feel symptoms like:
 - Constipation
 - Fatigue
 - Heartburn
 - Frequent urination
 - Leg cramps
 - Nausea

Third trimester: weeks 27 through 40

- Around week 28:
 - Start counting your baby's movements daily. Count them about one hour after a meal or at the time of day your baby moves the most.
 - Monitor the kicks.
 - Count the baby's movements (e.g., a kick, swish, or roll) once a day.
 - Count any time your baby is active.
 - Count your baby's movements while lying on your left side. You should feel at least 10 movements in two hours.
 - Call your doctor if:
 - You don't feel 10 movements in two hours.
 - Your baby needs more and more time to move 10 times.
 - You don't feel your baby move all day
 - Visit www.CountTheKicks.org to download a free mobile app to help you to track your baby's movements.
- Around week 32, your baby can open and close their eyes.
- Your baby will start to move into a birth position.
- The healthiest time for a baby to be born is after 39 weeks.
- Babies born between 37 and 39 weeks are early-term babies.
- A premature baby is one who is born before 37 weeks. That includes:
 - Late preterm: Your baby is born between 34 and 36 weeks.
 - Somewhat preterm: Your baby is born between 32 and 34 week.
 - Very preterm: Your baby is born at less than 32 weeks.
 - Extremely preterm: Your baby is born at or before 25 weeks.

Postpartum period (sometimes called the “fourth trimester”): the year after giving birth

Taking care of your baby:

- Connect with your baby in their first hour of life or as soon as you can.
- Your baby will need frequent feedings, a safe space to sleep and a lot of love.
- Your baby will need to visit the pediatrician to get weight checks and vaccines.

Taking care of your body:

- Your body, mind, hormones and feelings will be changing a lot.
- It's important to listen to and take care of your own body.
- Taking care of yourself is good for you, your baby and your whole family.
- You will take your baby to their doctor visits, so do the same for yourself. Schedule and keep your own visits with your OB, midwife, and any other provider you've been seeing.

You are not alone. We're here to help make sure you have the care you need during and after your pregnancy.

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If you need reasonable modifications, appropriate auxiliary aids, or language assistance services contact **800-477-6931 (TTY: 711)**, Monday through Friday, from 8 a.m. to 8 p.m., Eastern time. If you believe that Humana, Inc. has not provided these services or you feel you have experienced discrimination, you can file a grievance in person or by mail, or email with Humana Inc.'s Non-Discrimination Coordinator at P.O. Box 14618, Lexington, KY 40512-4618, **800-477-6931 (TTY: 711)**, or **accessibility@humana.com**. If you need help filing a grievance, Humana Inc.'s Non-Discrimination Coordinator can help you.

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**.

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