

# Moms First Guide to Vaginal Delivery vs. Delivery by C-Section

## What is a full-term pregnancy?

- A full-term pregnancy is a pregnancy that lasts between 39 weeks and 40 weeks. Babies born full-term have the best chance of being healthy, compared with babies born earlier or later.
- Babies are not fully developed until 39 weeks of pregnancy. Their brain, lungs, and liver are still developing.

## Why should I have a vaginal delivery?

- Following a vaginal delivery, mothers heal more quickly and spend fewer days in the hospital compared to mothers who have a C-section. They are more alert and experience less pain and fatigue. Epidural allows for a vaginal delivery experience with less discomfort (epidural is mother's choice). Vaginal delivery avoids major abdominal surgery and all the potential risks associated with an operation.

## Babies born vaginally typically:

- Experience less respiratory problems
- Have less chance of infection for mom and baby
- Are more alert and show more interest in breastfeeding once delivered
- Receive an early dose of good bacteria to boost their immune systems and protect their intestinal tracts



## What are the RISKS of delivering by C-section?

- Longer hospital stay
- Increased pain and fatigue
- Slower return to normal activity
- Delayed or difficulty breastfeeding
- Medical complications for the mother including:
  - Postpartum hemorrhage
  - Deep vein thrombosis (clot)
  - Wound infection
  - Abnormal placentation (previas and accretes)
  - Uterine rupture
  - Surgical adhesions
  - Bladder or bowel surgical injury
  - Bowel obstruction

**90% of women who have a C-section for the first time will have a repeat C-section with subsequent pregnancies!**

There are medical reasons that make a C-section necessary. The more common **MEDICAL** reasons that would be appropriate for a C-section can include:

1. Baby and/or mother is in distress or having complications from high blood pressure, heart problems, diabetes, HIV, herpes outbreak, or any other infection
2. Baby is too large for mother's pelvis
3. Abnormal position of baby in the uterus which would not allow baby to come down into the birth canal
4. Certain birth defects
5. Previous surgery of the uterus, including a previous C-section
6. Multiples (twins, triplets)
7. Problems with the placenta
8. Very long labor (over 20 hours with little dilation of the cervix)
9. Postdates (over 41 weeks)

**Talk to your health care provider. BE INFORMED. ASK QUESTIONS.**



**To learn more about our Moms First Program:**

- Call **866-432-0001 (TTY: 711)**, Monday – Friday, from 8 a.m. – 8 p.m., Eastern time
- Email: **[SouthCarolinaMomsFirst@Humana.com](mailto:SouthCarolinaMomsFirst@Humana.com)**

**To find a doctor:**

- Use our online Find a Doctor service at **[Humana.com/FindADoctor](https://www.humana.com/FindADoctor)**
- Call Member Services at **866-432-0001 (TTY: 711)**, Monday – Friday, from 8 a.m. – 8 p.m., Eastern time

## **Go365 for Humana Healthy Horizons™**

Go365 for Humana Healthy Horizons is a wellness program that offers you the opportunity to earn rewards for taking healthy actions. To earn rewards, you must download the Go365 for Humana Healthy Horizons App from iTunes/Apple Store or Google Play on a mobile device, create an account, and engage in activities.

You can redeem your rewards in the Go365 for Humana Healthy Horizons Mall for e-gift cards to popular retailers.

**Members in our Moms First program can earn a:**

- **\$10 reward** after enrolling in the program and completing one call with a Care Coach

**During and after a pregnancy, members can earn a:**

- **\$10 reward** for visiting an OB/GYN and having one prenatal visit during the first trimester or within 42 days of enrolling with the plan
- **\$10 reward** for visiting an OB/GYN and having one postpartum visit between seven and 84 days after delivery



**Note:** Rewards have no cash value. For some rewards, your doctor has to tell us that you completed the healthy activity. Once we get this information from your doctor, you will see in the app the option to redeem the reward. For any reward you qualify to earn during the July 1, 2021 - June 30, 2022 plan year, we must get confirmation from your doctor by no later than September 15, 2023.

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. Rewards may take 90 to 180 days or greater to receive. Rewards are non-transferrable to other Managed Care Plans or other programs. Members will lose access to the Go365® App to the earned incentives and rewards if they voluntarily dis-enroll from Humana Healthy Horizons or lose Medicaid eligibility for more than one-hundred eighty (180) days. At the end of plan year (June 30), members with continuous enrollment will have 90 days to redeem their rewards. E-gift cards may not be used for tobacco, alcohol, firearms, lottery tickets, and other items not supporting a healthy lifestyle. Rewards are not used to direct an member to a specific healthcare provider.

## Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **866-432-0001 (TTY: 711)**. We are available Monday through Friday, from 8 a.m. to 8 p.m., Eastern time. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

## Important!

### At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion, or language. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:  
**Discrimination Grievances**, P.O. Box 14618, Lexington, KY 40512-4618.  
If you need help filing a grievance, call **866-432-0001** or if you use a TTY, call **711**.
- You can also file a civil rights complaint with the  
**South Carolina Department of Health and Human Services, Civil Rights Division**  
1801 Main Street, P.O. Box 8206, Columbia, South Carolina 29202,  
**888-808-4238, TTY: 888-842-3620, [civilrights@scdhhs.gov](mailto:civilrights@scdhhs.gov)**. Complaint form is available at <https://msp.scdhhs.gov/crd/sites/default/files/Health%20Information%20Privacy%20Complaint%20Form.pdf>.  
**U.S. Department of Health and Human Services, Office for Civil Rights**  
electronically through their Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019, 800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

### Auxiliary aids and services, free of charge, are available to you. **866-432-0001 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Humana Healthy Horizons in South Carolina is a Medicaid Product of Humana Benefit Plan of South Carolina, Inc.

Language assistance services, free of charge, are available to you.  
**866-432-0001 (TTY: 711)**

**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。

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

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

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

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

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

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

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

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

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

**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。

**Українська (Ukrainian):** Зателефонуйте за вказаним вище номером для отримання безкоштовної мовної підтримки.

**हिंदी (Hindi):** भाषा सहायता सेवाएं मुफ्त में प्राप्त करने के लिए ऊपर के नंबर पर कॉल करें।

**ខ្មែរ (Cambodian):** ហៅមកលេខទូរស័ព្ទខាងលើ ដើម្បីទទួលបានសេវាកម្មបកប្រែភាសាដោយមិនអស់ប្រាក់ ។