Finding help for opioid use disorder and/or substance use disorder

Every **15 minutes** in the United States, a baby is born with opioid withdrawal. According to a 2018 Centers for Disease Control and Prevention study, the number of pregnant women diagnosed with opioid use disorder (OUD) during labor and birth in the U.S. **increased more than four times from 1999 to 2014**. In Kentucky, the number climbed from 0.4 per 1,000 delivery hospitalizations in 2000 to 19.3 in 2014.[1]

If you have a problem, get help early. It can improve your and your baby's chances for a better outcome.

Humana
Healthy Horizons ®
in Kentucky

What can you do?

The American College of Obstetricians and Gynecologists recommends:

• Getting help for substance use as early as you can in your pregnancy

• Going to all your prenatal and postpartum doctor visits to make sure you have a healthy pregnancy and baby

Family planning can help prevent unplanned pregnancies. As a Humana Healthy Horizons® in Kentucky enrollee, you get access to family planning help from any provider. You don't need to be referred. These services are private.

The HumanaBeginnings™ team provides our pregnant and new moms with lots of support. That includes care management, education, and guidance. We want to make sure you can get to all your prenatal care and postpartum visits.

Humana Healthy Horizons in Kentucky also partners with **StrongWell** to provide our enrollees with extra support.

StrongWell, a division of Mindoula™, is:

• A caring team of skilled counselors, peers and nurses

• A group that offers behavioral health care through technology

Source:

1. "Opioid Use Disorder Documented at Delivery Hospitalization," Centers for Disease Control and Prevention, last accessed April 24, 2021, www.cdc.gov/mmwr/volumes/67/wr/mm6731a1.htm?s_%20cid=mm6731a1_w.%20August%2010,%202018.

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The StrongWell team works with pregnant women to help:

- Stabilize Steady all aspects of their lives
- Support their goals for themselves and their babies

Through StrongWell, you get care and support during and after pregnancy (up to one year), like:

- 24/7 mobile app, phone and text support
- A care team, including a licensed counselor, nurse educator, and a peer specialist
- A plan made just for you to prevent relapse and steady your life
- Help through the recovery process
- Convenient care that meets you where you are
- Help finding local support like food, clothing, housing and transportation
- Counseling to help you meet your goals
- Education from a nurse to have a healthy pregnancy and birth
- Support from peer specialists who have also been through recovery

Our pregnant enrollees also get access to programs that can help you:

- Connect with an online group of women who have been where you are
- Get one-on-one and group counseling and peer support
- Have a healthy pregnancy and birth
- Keep your family intact
- Work through the challenges of substance use during pregnancy

Learn more: **iAmStrongWell.com**

Connect with StrongWell
Call: **888-339-9404** (**Ext 2**)

Connect with a Humana Healthy Horizons in Kentucky care manager, or for information about our HumanaBeginnings program for our pregnant enrollees:

- Email: **KYMCDHumanaBeginnings@ humana.com**
- Phone: **888-285-1121 (TTY: 711)**, Monday – Friday, from 8 a.m. – 6 p.m., Eastern time