

## ASK ABOUT BREASTFEEDING HELP OFFERED BY YOUR HEALTH PLAN



Did you know most health plans including Medicaid, CHIP, and private insurance now cover breastfeeding help and supplies? WIC recommends that you call the number on your health plan benefit card when you are pregnant, and speak to a person who can explain the breastfeeding support and supplies offered by your health plan.

Not all moms need breastfeeding help or equipment but calling your health plan while you are pregnant to find out what kind of support is offered is one less thing you'll have to do once your baby is here.

### QUESTIONS TO ASK ABOUT YOUR HEALTH PLAN:

Does my health plan cover expenses related to breastfeeding?  Yes  No

What types? \_\_\_\_\_  
\_\_\_\_\_

If I need a breast pump, how do I get one?

- Will I need a written prescription for the pump from my doctor?  Yes  No
- Where do I get the pump? \_\_\_\_\_
- When can I get a breast pump?  Before giving birth  After giving birth
- If I can't get the breast pump until after the baby is born, will I need to get it before my baby reaches a certain age?  No  Yes By what age? \_\_\_\_\_
- What type of breast pump can I get?  
 Hospital grade rental pump  Electric personal-use pump  Non-electric pump

Write names of pumps here: \_\_\_\_\_  
\_\_\_\_\_

- Do I need to get one of the pumps that are pre-approved by my health plan or can I choose to purchase one and get my money back?  Health plan pump  Can purchase my own
- If I can purchase my own, how much can I spend? \_\_\_\_\_
- How do I get my money back for the pump? \_\_\_\_\_

In addition to a breast pump, your plan may cover breastfeeding counseling services and additional breastfeeding supplies such as extra or replacement breast pump parts.

**AFTER TALKING TO YOUR HEALTH PLAN CUSTOMER REPRESENTATIVE**, contact your WIC clinic to let them know about the breast pumps your health plan offers. The peer counselor or lactation consultant at your WIC clinic can tell you if the pump(s) your health plan offers will work best for you and your situation.

## BREAST PUMP QUESTIONS



**AFTER YOU HAVE YOUR BABY**, if you have not been taught how to use your pump, bring it to WIC, and staff can show you how to use and clean it.

### **WHAT IF THE PUMP I GET FROM THE HEALTH PLAN DOESN'T WORK FOR ME?**

Bring the pump to your WIC clinic. WIC staff can help you and let you know if your pump needs to be replaced.

**WHAT IF I AM NOT ENROLLED IN A HEALTH PLAN AND DON'T HAVE HEALTH COVERAGE?** You may be able to get a pump from WIC. Let the staff at your WIC clinic know that you need a pump and do not have a health plan or that your health plan doesn't cover pumps.

**IF YOU ARE HAVING TROUBLE GETTING A BREAST PUMP THROUGH YOUR HEALTH PLAN**, please call WIC and let them know so WIC can issue a pump to you if you need one.



Visit our website at [breastmilkcounts.com](http://breastmilkcounts.com)

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