

Resources

South Country Member Services

Information on your benefits, scheduling transportation, or finding a provider. Call 1-866-567-7242, TTY users call 800-627-3529 or 711. Find us online at www.mnscha.org

Milk Moms

For lactation equipment and nursing resources 1-763-413-0129 www.milkmoms.com

Women, Infants & Children (WIC)

Provides education and nutritious foods to supplement diets1-800-WIC-4030

Public Health Nurse Offices

For information on breastfeeding classes and help using your breast pump.

- Brown County507-233-6820
- Dodge County507-635-6150
- Goodhue County.....651-385-3200
- Kanabec County320-679-6330
- Sibley County507-237-4000
- Steele County507-444-7650
- Wabasha County.....651-565-5200
- Waseca County507-835-0685

If you have a medical question seek advice from your primary care provider or call the 24 hour nurse line. The number is on the back of your member ID card. Calls to this number are free.

EX Program

Help to stop smoking..... 1-833-392-6224

FOCUSED ON

Community, Family, Health

South Country Health Alliance Member Services


1-866-567-7242 ♦ TTY 1-800-627-3529 or 711
Hours: Mon.-Fri. 8 a.m.-8p.m.

Attention: If you need free help interpreting this document, call the above number.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'ann ah ee tarjumaadda (afcelinta) qorallkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este document, llame al número indicado arriba.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.



1-866-567-7242, TTY 711.
members@mnscha.org



Free Breast Pump Program



Fed is Best

Benefits of breastfeeding: good nutrition for baby; perfect mix of proteins, vitamins and fat. All things baby needs to grow.

Get a Free Breast Pump

If you choose to breastfeed, you may want to consider a breast pump. Breast pumps give moms the flexibility to continue to breastfeed their child in a variety of situations, and sometimes even to simply give a mom a chance to relax.

South Country covers the cost of a prescribed breast pump for pregnant women and new mothers.

Covered Benefits:

- ❖ Members can get one breast pump per pregnancy.
- ❖ Disposable collection and storage bags for breast milk are covered. You can get 180 bags per month (6 per day). Bottles and other accessories are not covered.
- ❖ Rentals (such as a heavy-duty breast pump) are not covered.



Where to Get Your Breast Pump

Breast pumps and storage bags are considered durable medical equipment (DME) and are available from most in-network DME providers.

South Country also has a relationship with Milk Moms, a provider exclusively for lactation equipment and nursing resources. For more information on Milk Moms you can call or go to their website. The number is on the Resources panel.

To find a DME provider near you, call Member Services at 1-866-567-7242 (TTY users call 711), or go online to www.mnscha.org to use our provider search.

Choosing a Breast Pump

There are many models of pumps. How do you choose? Here are some common needs to keep in mind as you look through them.

- ❖ Comfortable for you to use
- ❖ Easy to clean
- ❖ Easy to pack up and use anywhere
- ❖ Durable
- ❖ Effective for You

Talk to your breast pump provider about how to decide on a model.

Learn About Breastfeeding

South Country also covers the cost of classes for breastfeeding. Check with your local clinic, hospital, public health office, or Community Education for classes near you.

If you haven't received your copy of *Embracing Life Guide and Calendar*, call Member Services and request your free copy. Or go online to www.mnscha.org and look up *Embracing Life Online* under **Members** for more information on pregnancy and infant care. There is a more detailed section on breastfeeding.

How to Get Your Breast Pump

1. Ask your doctor for a breast pump prescription
2. Take prescription to an in network DME provider, call Milk Moms or go to their website.
3. Ask questions about pumps available:
 - ❖ Comfort
 - ❖ Effectiveness
 - ❖ Ease to Clean
 - ❖ Portability
 - ❖ Durability
4. Choose your pump

REMEMBER

Nutrition is important. Having a balanced diet throughout pregnancy and breastfeeding is important for both you and baby.

Review your medications with your provider. Sometimes the medication taken can be transferred in breast milk.