



lactation

Lactation Consultant

Congratulations on welcoming the newest member of your family! If you're planning to breastfeed or haven't decided yet, your health plan can help.

Pregnant and postpartum members now get lactation consultation benefits as part of their TennCareSM benefits. Lactation consultants can help new parents start and continue nursing. And they can help with many common breastfeeding issues.



You can use this benefit for telehealth and in-person visits.

You can meet with a consultant one-on-one or in small groups. And you can use this benefit as many times as you need, before and after you give birth.



How This Benefit Can Help

Lactation consultants can help you learn about breastfeeding. And they can help if you have any specific issues or questions. Here are some of the things your consultant can teach you:

- › Best practices for breastfeeding
- › Expressing and storing milk
- › Infant positioning and latching
- › Tandem feeding
- › Nursing a teething infant
- › Breastfeeding while going back to work or school
- › How to deal with common breastfeeding issues, like fussy infants, poor latching, nipple or breast pain, and low milk production
- › How to introduce solid foods with breastfeeding
- › How to stop breastfeeding

Get a free breast pump

You can get an electric breast pump at no cost to you. You'll need a prescription from your doctor first. Then you can order your pump online at aeroflowbreastpumps.com.



Finding a Lactation Consultant

To start using your benefit, ask your doctor. If they don't have a lactation consultant on staff, you can find one on our website. Just go to bluecare.bcbst.com, select **Find care** and type **lactation** into the search bar.

Benefits of Breastfeeding

Breastfeeding can be a great way to take care of your and your baby's health.

The American Academy of Pediatrics (AAP) recommends breastfeeding in the first six months after your baby is born. After six months, the AAP recommends starting your baby on other foods while still breastfeeding until they reach at least 12 months of age and for up to two years.

New parents may choose breastfeeding because:

- › It can save you money and trips to the store
- › It's often available at the right time and temperature
- › It can result in better health outcomes for your baby
- › Breastfeeding parents have a lower risk of breast and ovarian cancers, hypertension, and Type 2 diabetes

Deciding whether to breastfeed is highly personal. Breastfeeding can have many benefits, but it may not be right for your family, and that's OK. Remember, we're here to support you no matter what you decide.



MENTAL HEALTH SUPPORT

It's normal to feel sad or down sometimes. Especially if you're pregnant or a new parent. But if your emotions get in the way of your daily life, it's time to get help.

You can get free help 24/7 from the National Maternal Mental Health Hotline. Just call or text **1-833-9-HELP4MOMS (1-833-943-5746)** to talk with a counselor in English or Spanish. Your call is private.

OTHER RESOURCES

AAP – aap.org/breastfeeding

Healthy Children – healthychildren.org/breastfeeding

Tennessee Department of Health –
tn.gov/health/health-program-areas/fhw/breastfeeding



Do you need help with your health care, talking with us, or reading what we send you? If so, call us for free at:
BlueCare **1-800-468-9698**
TennCare *Select* **1-800-263-5479**
CoverKids **1-888-325-8386**
(TRS: **711** ask for **888-418-0008**)



BlueCareSM
TennCare *Select*
CoverKids

1 Cameron Hill Circle | Chattanooga, TN 37402 | bluecare.bcbst.com

BlueCare Tennessee is an Independent Licensee of the Blue Cross Blue Shield Association. We obey federal and state civil rights laws. We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or treated you differently? Then call BlueCare **1-800-468-9698**, TennCare *Select* **1-800-263-5479**, CoverKids **1-888-325-8386**, (TRS: **711** ask for **888-418-0008**).

Spanish: Español ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al BlueCare **1-800-468-9698**, TennCare *Select* **1-800-263-5479**, CoverKids **1-888-325-8386**, (TRS: **711: 1-888-418-0008**).

یەدروک :Kurdish

ئەگەر بە کوردی سۆرانی قسە دەکەن، خزمەتگوزارییەکانی وەرگیران بەخۆراییی دەخرێتە بەر دەستانتان. پەیوەندی بکەن بە ژمارە
(TRS: **711: 1-888-418-0008**) **1-888-325-8386** CoverKids **1-800-263-5479** TennCare *Select* **1-800-468-9698** BlueCare