

Be ready for baby.

Breast pumps and breastfeeding consultation are available at no additional cost.



Did you know that breastmilk is the only food your baby needs for the first six months? Health care providers advise breastfeeding for one year or longer, but your baby benefits from any amount of breastfeeding you can do. That's why Cigna HealthcareSM wants to make sure you have the resources you need if you decide to breastfeed your baby.

Your Cigna medical plan may include coverage for a breast pump.

Pumping breastmilk can help you provide milk for your baby when you're apart. You may also want to use a pump if your baby is unable to feed at the breast. Once you reach the 28th week of pregnancy, you can qualify for a breast pump at no additional cost through one of our many approved breast pump providers.

To order your breast pump, contact one of the providers listed below.*

PROVIDER	WEBSITE	PHONE NUMBER
AdaptHealth (formerly McKesson, Solara Medical Supplies)	pcs.adapthealth.com/ourbreastpumps	855.404.6727
Aeroflow	aeroflowinc.com	844.867.9890
Edgepark	edgepark.com	800.321.0591
Enos Healthy Baby Essentials	breastpumps.com	888.495.7491
Medline Industries	medline.com	800.633.5463
Pumping Essentials	pumpingessentials.com	866.688.4203
Yummy Mummy	yumyumstore.com/cigna	855-87-YUMMY

- BayCare is the *only provider* who coordinates breast pump services for residents in the following Florida counties and they do require a prescription: Hillsborough, Pasco or Pinellas. Please call **1.800.940-5151** or fax **1.800.676-3127** to order your pump.
- You don't need a prescription, unless you are ordering through BayCare or ordering a hospital grade pump.
- A starter kit is included at no cost, but you will have the option to purchase upgrades and accessories at a Cigna discounted rate.
- Breast pumps are usually delivered within two weeks of receiving all documentation.

Virtual breastfeeding consults for parents and parents to be.

Lactation consultation services are available online and virtually to provide breastfeeding support, answer questions and advise on issues from the comfort of your own home.

- Support is available during pregnancy (third trimester) and throughout postpartum at no additional cost to Cigna members. At least four consults will be covered.
- For members needing support in a different language, live translators are available for more than 200 languages.
- Online and virtual services are available seven days a week, 8 am – 8 pm, with same day appointments available.



There are three ways to schedule an appointment.

Visit your Cigna Healthy Pregnancy App.

- Tap on “Resources” at the bottom navigation bar to find information and links to schedule a virtual lactation consult.

Text “Cigna” to 844.694.0020.

- Receive a one-time reply SMS message with a direct link to schedule an appointment.

Visit [wildflowerhealth.com/virtual care](https://wildflowerhealth.com/virtual-care).

- Follow the “Schedule Your Appointment” instructions by filling out your health insurance information, choosing a preferred day and time for your virtual appointment and submitting your information.
- An email confirmation will include instructions with a link to launch the virtual appointment at the chosen day and time. You’ll also receive a reminder email and can reschedule your appointment if needed.



* Not all providers provide pumps in all states.

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