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 Healthcare® wants to make sure you have the resources you need if you decide to breastfeed your baby.

Your Cigna Healthcare medical plan includes 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
Acelleron	acelleron.com/breast-pumps/cigna	877.932.6327
AdaptHealth (formerly McKesson, Solara Medical Supplies)	adapthealth.com/breastpumps	844.993.3740
Aeroflow	aeroflowbreastpumps.com/lactation-link-by-aeroflow-breastpumps	844.867.9890
Edgepark	edgepark.com/breast-pumps-and-supplies/c/L1-23	855.504.2099
Enos Healthy Baby Essentials	breastpumps.com	888.495.7491
Pumping Essentials	pumpingessentials.com	866.688.4203
Yummy Mummy	yummymummystore.com/cigna	855.87.YUMMY

- ONLY Edgepark and Yummy Mummy will ship to the U.S. Virgin Islands
- A starter kit is included at no cost, but you'll have the option to purchase upgrades and accessories at a Cigna Healthcare discounted rate
- The breast pumps are usually delivered within two weeks of the provider receiving all the documentation
- 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 **800.940.5151** or fax **800.676.3127** to order your pump
- You don't need a prescription, unless you're ordering through BayCare or ordering a hospital-grade pump

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Breastfeeding consults for parents and parents-to-be.

Lactation consultation services are available face-to-face (in some markets) and virtually to provide breastfeeding support and answer any questions on your journey.

- Support is available during pregnancy (third trimester) and throughout postpartum at no additional cost to Cigna Healthcare members
- For members needing support in a different language, live translators are available for more than 200 languages
- Members have access to virtual lactation courses and lactation community for support
- Aeroflow offers virtual group classes 60–90 minutes long and a 24/7 community platform with online courses

Members have several options for scheduling their virtual lactation consultation.

Visit your Cigna Healthy Pregnancy App.

- Download "**Cigna Healthy Pregnancy**" from the Apple® Store or Google Play™ Store, depending on your device
- Set up an account starting with your **myCigna.com®** password
- Click "**Resources**" on the bottom navigation bar
- Find information and links to schedule a virtual lactation consultation

Text "Cigna" to 844.694.0020.

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

Contact Aeroflow

- **Call 888.732.3979**
  Lactation consultation telehealth appointments available 10am–9:30pm ET, seven days a week
- **Visit aeroflowbreastpumps.com/lactation-link-by-aeroflow-breastpumps.**
  Virtual group classes, access to a community platform and short course work modules are available online. These options may be particularly helpful for members who aren't sure if they want to breastfeed/bottle-feed or a combination thereof.

Visit wildflowerhealth.com/virtualcare.

- Click "Schedule Your Appointment."
- Complete and submit the online form.
- Lactation consultation telehealth appointments available 8am–8pm ET, seven days a week
- Face-to-face consultants offer flexible schedules, including some evenings and weekends

* Not all providers provide pumps in all states.

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