



# Breastfeeding benefits — for you and your baby

## Info and resources to support you

We all want the best for you and your newest family member. That's why moms who are able to breastfeed are strongly encouraged to do it. To help make things easier, here's some information about breastfeeding. Learn about the many benefits and where to get help if you need it.

### Why breastfeed?

Breastfeeding is good for both infants and mothers. Breast milk is the best source of nutrition for most babies. As a baby grows, breast milk changes to meet the baby's growing nutritional needs. It can also help protect the infant and mother against certain illnesses and diseases. Lactation support services are also available. This includes visits with certified lactation consultants, educational resources and support to help breastfeeding success.

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### Benefits for moms and babies

Breastfeeding can help lower a mother's risk of:

- High blood pressure
- Type 2 diabetes
- Ovarian cancer
- Breast cancer

Breastfeeding can help protect babies against:

- Asthma and allergies
- Type 2 diabetes and obesity
- Upper and lower lung (respiratory) diseases
- Colds, viruses and ear infections
- Sudden infant death syndrome (SIDS)

## Other benefits of breastfeeding

- Saves time and money
- Helps mom and baby bond with each other
- Allows mom to relax and enjoy your baby
- Boosts metabolism to help lose any pregnancy weight gain

## Who can breastfeed?

Most moms, of all ages, can breastfeed. This includes women with small breasts and moms who have had multiple births or a C-section (Cesarean section). Women who work or go to school can also breastfeed.

## The power of pumping

Maybe you're going to be away from your baby during a feeding. Or you might feel uncomfortable breastfeeding in public. Your partner may also want to be able to help with feedings. A breast pump can help with all of that. It offers flexibility by storing your milk. Later, your baby can drink it out of a bottle.

As a UnitedHealthcare Community Plan member, you can get an electric breast pump at no cost to you. Call Member Services at **1-888-716-8787**, TTY/TTD **711**, Monday-Friday, 8 a.m.-7 p.m.

## You have support

Breastfeeding can be a wonderful experience, but it's not always easy. If you're struggling, be kind to yourself. Remember that you're not alone. Talk with your provider, doula, midwife, or lactation specialist who can help.

## We're here to help

Need help finding care or scheduling well child visits? We can help connect you with the resources you need for both you and your baby. Please chat with Member Services through the **UnitedHealthcare® app** or **myuhc.com/communityplan**.

## Support resources

### La Leche League –

Breastfeeding is a learning experience, even if you're not a first-time mom. Every mom and baby are different. Go to [LLLI.org](https://www.llli.org) for a variety of resources and information about breastfeeding.

### Healthy First Steps® –

UnitedHealthcare Community Plan members get this program at no cost. It can connect you to special help and resources. You can even earn rewards for going to check-ups during pregnancy and your baby's first 15 months of life. To sign up, call us toll-free at **1-800-599-5985**, TTY **711**, Monday-Friday, 8 a.m.-5 p.m.

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This information is available for free in other languages, such as letters in other languages, large print, or you can ask for an interpreter. Please contact our customer service number at 1-888-716-8787, TTY/TTD 711, 8 a.m.-7 p.m., Monday-Friday.

#### Spanish

Esta información está disponible de forma gratuita en otros idiomas como cartas en otros idiomas, letra grande, o puede pedir un intérprete. Por ejemplo, letras en otros idiomas o letra grande. También puede solicitar un intérprete. Por favor, póngase en contacto con nuestro número de servicio al cliente en 1-888-716-8787, TTY/TTD 711, de 8 a. m. a 7 p. m. de lunes a viernes.

#### Haitian Creole

Enfòmasyon sa a ki disponib pou gratis nan lòt lang tankou lèt nan lòt lang, gwo lèt, oswa ou ka mande yon entèprèt. Tankou, lèt nan lòt lang oswa gwo lèt. Oswa, ou ka mande yon entèprè. Souple kontakte nimewo sèvis Kliyantèl nou nan 1-888-716-8787, 711 TTY/TTD, 8 a.m. rive 7 p.m., Lendi rive Vandredi.