

Breastfeeding resources from UC's medical plans



Have questions about breastfeeding? UC's medical plans offer breastfeeding support resources, including nurses by phone, counselors, online programs and supplies — usually at no cost to you.¹

Contact your plan for details.

Anthem Blue Cross Future Moms Program (Core, UC Care and UC Health Savings Program)

ucppoplans.com; call 844-437-0486 and ask to speak with a “Future Moms” representative

Health Net Blue & Gold

healthnet.com/uc; 800-893-5597

Kaiser Permanente

kp.org/pregnancy; 800-464-4000

Western Health Advantage

westernhealth.com/mywha (register with WHA and Optum for access to Optum's health library); 877-793-3655

¹ **This is a summary only;** limitations, exclusions, exceptions and other qualifiers may apply. Call the plan or see the plan's website for plan booklets and detailed benefit information.