Breastfeeding resources from UC’s medical plans

UC’s medical plans have resources including nurselines, counselors and online programs to help you if you have questions about breastfeeding.

Breastfeeding support, supplies and counseling are available at no cost.

Contact your plan for details.

Blue Shield Health Savings Plan
Core
https://www.blueshieldca.com/sites/uc/; 855-201-8375

Health Net Blue & Gold
Healthnet.com/uc; 800-893-5597

Kaiser Permanente
Kp.org/pregnancy; 800-464-4000

UC Care
Uc-care.org; 855-201-2087

Western Health Advantage
Mywha.org/classes; 877-793-3655; select Option 1 for health nurse