Breastfeeding resources from UC’s medical plans

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

Western Health Advantage
westernhealth.com/mywha (register with WHA and Optum for access to Optum’s health library)
877-793-3655

Kaiser Permanente
kp.org/pregnancy
800-464-4000

UC Blue & Gold
healthnet.com/uc
800-893-5597

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.