

# Breastfeeding resources from UC's medical plans

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**UC's medical plans offer breastfeeding support resources, including nurses by phone, counselors, online programs and supplies — usually at no cost to you.<sup>1</sup>**

Contact your plan for details.

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

[ucppoplans.com](http://ucppoplans.com)  
844-437-0486

Health Net (UC Blue & Gold HMO)

[healthnet.com/uc](http://healthnet.com/uc)  
800-893-5597

Kaiser Permanente

[kp.org/pregnancy](http://kp.org/pregnancy)  
800-464-4000

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<sup>1</sup> **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.