



Get support for your precious delivery



Whether you're thinking about having a baby or have one on the way, maternity support is here to provide information and resources—from planning for a pregnancy to postpartum.

Offering care throughout your journey

Maternity support is designed for all mothers, no matter what the pregnancy journey looks like.

Start by taking a maternity support assessment, which only takes minutes to complete. Based on your responses, a maternity nurse may reach out to you and connect you with the care you need, answer your questions and support you every step of the way. A maternity nurse is trained to:

- Share information designed to help you care for your and your baby's health
- Help you choose a doctor or nurse midwife
- Support your physical, mental and emotional health—before and after birth
- Help you find a pediatrician or other specialist

You'll also get 24/7 access to 7 online maternity courses:

- 1 Preconception: Preparing for a healthy pregnancy
- 2 Pregnancy in the first trimester
- 3 Pregnancy in the second trimester
- 4 Pregnancy in the third trimester
- 5 The fourth trimester after pregnancy: Postpartum
- 6 Pregnancy nutrition and exercise
- 7 Exploring breastfeeding

GET STARTED: Visit myuhc.com/maternity to complete the assessment, watch videos and learn more about maternity support

The information provided under Maternity Support is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. If you believe you may have an emergency medical condition you should seek immediate care at an emergency department or call 9-1-1. Employers are responsible for ensuring that any wellness programs they offer to their employees comply with applicable state and/or federal law, including, but not limited to, GINA, ADA and HIPAA wellness regulations, which in many circumstances contain maximum incentive threshold limits for all wellness programs combined that are generally limited to 30 percent of the cost of self-only coverage of the lowest-cost plan, as well as obligations for employers to provide certain notices to their employees. Employers should discuss these issues with their own legal counsel.

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Breast Pump FAQs

When can I get a breast pump?

If you're a UnitedHealthcare member, you may request a breast pump up to 30 days before your delivery date.

What type of breast pump is covered?

Using a breast pump in between regular breastfeeding can help you maintain your milk supply. Most UnitedHealthcare benefit plans include coverage for the purchase of a personal-use, double-electric breast pump at no cost to you. These are the most common pumps, and they closely simulate the action of a breastfeeding infant. You can find which brands are included by contacting the national breast pump suppliers listed below.

Other types of breast pumps include manual breast pumps, hospital-grade (multi-user) pumps and hands-free pumps. Most UnitedHealthcare benefit plans do not cover these types of pumps.

How do I request a breast pump?

To request a breast pump, call the phone number on your health plan ID card, or you may contact one of the national network providers below. You will need a physician prescription to get a breast pump. Make sure to note that you will not be reimbursed for a breast pump purchased at a retail store.

If you contact a breast pump supplier directly, they may ask for your doctor's name and phone number and the baby's due date or the date the baby was delivered. The supplier may check this and other information with your doctor before the breast pump is ordered.

National breast pump providers:

➤ **Acelleron Breast Pumps**

- Website: www.acelleron.com
- Phone: 877-932-6327
- Fax: 978-738-9801

➤ **Adapt Patient Care Solutions (formerly McKesson) – Pick up or Mail Order**

- 1-844-PCS-MOMS (1-844-727-6667)
- Fax: 1-855-716-2212
- Members can opt to pick up their breast pump at their local Target store.

➤ **Aeroflow Healthcare**

- Website: www.aeroflowbreastpumps.com
- Phone: 844-867-9890
- Fax: 800-249-1513

➤ **Byram Health Care – Mail Order**

- 1-877-773-1972
- Fax: 1-800-521-6291
- Website: www.byramhealthcare.com

➤ **Edgepark Medical Supplies – Mail Order**

- 1-855-504-2099
- Fax: 1-330-425-4355
- Website: www.edgepark.com

➤ **Medline Industries – Mail Order**

- Visit: www.breastpumpsmedline.com
- Complete the required fields. This will take less than 10 minutes.
- Mother and Baby Customer Service
- 1-833-718-2229
- Email: motherandbaby@medline.com

How many breast pumps are covered per birth?

Each member is limited to buying 1 pump per birth. In the case of a birth resulting in multiple infants, only 1 breast pump is covered.

How much does a breast pump cost?

If you use UHC Network benefits, there is no charge, and the annual deductible does not apply. If you use Out-of-Network benefits, you'll pay 40% co-insurance after you pay the deductible.

More Questions?

The Specialists from the USI Benefit Resource Center are available Monday through Friday 8:00am to 5:00pm Eastern & Central Standard Time at 855-874-0829 or via e-mail at BRCMidwest@usi.com. If you need assistance outside of regular business hours, please leave a message and one of the Benefit Specialists will promptly return your call or e-mail.

Benefit Specialists are available to research and solve elevated claims, unresolved eligibility problems, and any other benefit issues with which you might need assistance. The Benefit Specialists are experienced professionals, and their primary responsibility is to assist you.