

### Local Medicaid Accepted Medical Equipment Supplies

**Get your Breast Pump Rx (Prescription needed) filled at these locations:**

NAME	LOCATION	ADDRESS	HOURS	PHONE	FAX	ACCEPTED INS.
CARELINC	HASLETT	1605 Haslett Rd	M-F 8-5pm	517-485-9588	517-484-8226	All Medicaid
SOBAKS	OWOSSO	112 W Exchange St	M-F 8:30-5:30pm	989-723-8927	989-725-5732	McLaren & Molina
SOBAKS	DURAND	8906 E Lansing Hwy	M-F 8:30-5:30pm	989-288-4609	989-288-5511	McLaren & Molina
SPARROW	LANSING	915 E Michigan Ave	M-TH 8-7pm F 8-6pm, Sa 9-3pm	517-364-2115	517-371-1227	DOES NOT ACCEPT: Meridian, Healthplus, or Molina all others accepted
SPARROW	ST JOHNS	306 Elm St	M-F 8:30-5pm	989-224-6730	989-224-3245	Same as above
SPARROW	WILLIAMSTON	129 S Putnam	M-F 9-6:30pm Sa 9-3pm	517-655-1015	517-655-6732	Same as above
HART MEDICAL	LANSING	6250 S Cedar St Ste 17	M-F 9-5	517-489-5350	517-346-4770	McLaren, Molina, Meridian, Straight
HART MEDICAL	FLINT	2316 Ballenger Hwy Ste L	M-F 9-5	810-406-4444		Same as above
HART MEDICAL	LANSING	401 W Greenlawn Ave (@hospital)	M-F 9-5	517-993-0200	517-975-688	Same as above
BINSONS MEDICAL	FLINT	4433 Miller Rd	M-F 10-6pm	810-733-0280	810-733-0270	Healthplus (HAP), Molina, McLaren

### ONLINE PUMP ORDERING SITES NO RX NEEDED

<a href="http://www.myehcs.com/breastpumps">www.myehcs.com/breastpumps</a>	<a href="http://www.easyformoms.com">www.easyformoms.com</a>
<a href="http://www.edgepark.com">www.edgepark.com</a> <a href="https://www.edgeparkbreastpumps.com/order/?rc=BPHERO">https://www.edgeparkbreastpumps.com/order/?rc=BPHERO</a>	<a href="https://aeroflowbreastpumps.com/qualify-through-insurance">https://aeroflowbreastpumps.com/qualify-through-insurance</a>
<a href="https://www.target.com/c/target-breast-pump-program/-/N-4yqby?Nao=0">https://www.target.com/c/target-breast-pump-program/-/N-4yqby?Nao=0</a>	<a href="https://breastpumps.byramhealthcare.com/">https://breastpumps.byramhealthcare.com/</a>
<a href="https://insurancecoveredbreastpumps.com/">https://insurancecoveredbreastpumps.com/</a>	<a href="https://www.medela.us/breastfeeding/insurance-breast-pump">https://www.medela.us/breastfeeding/insurance-breast-pump</a>

### Pumping Tips:

\*Try Hand Expression \*try going hands free \* use massage before and during pumping session \*try not to focus on pumping look at photos watch a show not the bottles \*Pump first thing in the morning \*baby always removes more than the pump \*use heat before and during \*don't expect huge amounts the first week \*the average output is 3-4oz per session \* You may use a different size on each side \*Don't pump at the highest setting to start \*Use the let-down button \*Relax \*Short more frequent sessions are best if you are nursing full time \* pump only 8-10 minutes to finish emptying the breast \*Try Power Pumping \*By law you are allowed to pump once you return to work!

## AFFORDABLE CARE ACT AND BREASTPUMPS

**Did you know that your insurance will cover a breast pump!**

**Just ask your doctor for a prescription at discharge.**

### **You may be able to get help with breastfeeding at no cost**

Health insurance plans must provide breastfeeding support, counseling, and equipment for the duration of breastfeeding. These services may be provided before and after you have your baby depending on your insurance type. These rules apply to Health Insurance Marketplace plans and all other health insurance plans, except for [grandfathered plans](#).

### **Coverage of breast pumps**

Your health insurance plan must cover the cost of a breast pump – and may offer to cover either a rental or a new one for you to keep. Your plan may have guidelines on whether the covered pump is manual or electric, how long the coverage of a rented pump lasts, and when they'll provide the pump (before or after birth). But it's up to you and your doctor to decide what's right for you. **Make sure to ask your doctor to write you a prescription for a breast pump before you leave the hospital or towards the end of your pregnancy.** Contact your insurance plan for questions about your breastfeeding benefits or check out one of the online links below.

### **Your doctor's breastfeeding recommendations**

In many cases, your insurance plan will follow your doctor's recommendations on what is medically appropriate. Some insurance plans may require pre-authorization from your doctor to ensure the proper services are provided. Talk to your doctor to find out what this means for you. Ask to have a double electric especially if you are returning to work. If ordering online they will usually contact your physician for the prescription and it will be delivered to your door!

## **FLANGE SIZING**

**Some insurance pumps only come with one size flange (24mm). Please note that there are other sizes available. Other sizes are usually available in local retail stores or online at amazon. We have a few brands available at our office. How to know if you have the correct flange size:**

- Nipple should move freely in the tunnel
- None or very little tissue of the areola (darker skin) is being pulled into the tunnel of the flange
- Nipple is not rubbing against the sides of the flange
- You feel the breast emptying all over
- You are free of pain with pumping.

