



# Lactation Support for New Parents

**Congratulations on your new baby! Trillium's Start Smart for Your Baby<sup>®</sup> team is here for you and your family. We can help you get the lactation support you need in settings outside of the doctor's office.**

This could be your home, in a group class, in a shelter, in a park, or other locations. This is a covered benefit for our Trillium members.

## **Who do lactation services support?**

- Pregnant, first-time parents
- Parents with lactation challenges
- Children

## **What services are available?**

- Health education, coaching, help with breastfeeding/chestfeeding
- Guidance with optimal breastfeeding/chestfeeding positions, establishing a good milk supply, latching, and pumping
- Individual or group breastfeeding/chestfeeding classes
- Information on safe human milk storage

## **Who provides lactation support?**

You may receive help and guidance with your breastfeeding/chestfeeding needs from an in-network Registered Nurse (RN) and/or a certified Traditional Health Worker (Birth Doula) who is certified in providing lactation support. This may be a Certified Breastfeeding Specialist (CBS), Certified Lactation Counselor (CLC), or a Certified Lactation Educator (CLE). If you prefer, you can receive these services in your home.



**Call Trillium Member Services at 1-877-600-5472 and ask for the Start Smart for Your Baby<sup>®</sup> team. They will help you get a referral for lactation support.**

Lactation services that are provided outside of a doctor's office are covered as part of the In Lieu of Services (ILOS) benefit. To learn more about ILOS, please refer to your member handbook.

Learn more about Start Smart for Your Baby<sup>®</sup> [trilliumohp.com/startsmart](https://trilliumohp.com/startsmart)



**Do you think Trillium Community Health Plan (Trillium) has treated you unfairly?**

Trillium must follow state and federal civil rights laws. It cannot treat people unfairly in any of its programs or activities because of a person's:

- Age
- Gender identity
- Race
- Sexual orientation
- Color
- Marital status
- Religion
- Health Status
- Disability
- National Origin
- Sex
- Need for services

You can get this letter in another language, large print, or another way that is best for you. You can also have a language interpreter. This help is free. Call 1-877-600-5472 (TTY/TDD 711).

Puede recibir esta carta en otro idioma, en letra grande o en el formato que sea mejor para usted. También puede tener un intérprete de idiomas. Esta ayuda es gratuita. Llame al 1-877-600-5472 (TTY/TDD 711).

**English**

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-877-600-5472; TTY: 1-877-600-5473.

**Español (Spanish)**

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-600-5472; TTY: 1-877-600-5473.