



Your Guide to Breastfeeding Support

Breastmilk is the best nourishment for babies, but successful breastfeeding takes support and preparation. So you're ready for the arrival of your new baby, make sure you order a breast pump, take a breastfeeding class, and know where to find assistance if you need it. CDPHP® can help.



Breast pumps are a covered benefit for most plans*

CDPHP covers the purchase of a standard electric breast pump or rental of a hospital-grade breast pump with a **doctor's prescription**. Pumps must be ordered from participating vendors, including, but not limited to:

Marra's Pharmacy

Cohoes (*pick-up available*)

www.marraspharmacy.com

(518) 237-2110

Northeast Home Medical Equipment

60 Cohoes Avenue

Green Island

(518) 271-9600

Edgepark Medical Supplies

Online only

www.edgepark.com

1-888-394-5375

Better Living Now

Online only

www.betterlivingnow.com

1-877-290-5188

Yummy Mummy Store

Online only

www.yummymummystore.com

(212) 879-8669

Byram Healthcare

Online only

www.byramhealthcare.com

1-877-902-9726

Shipping and standard supplies necessary to allow the pump to function are included with each breast pump. To find other participating vendors, call member services at the number on your ID card or call CDPHP at (518) 641-4800 option 2.





Get money back for breastfeeding classes

Participate in a breastfeeding class at your local hospital or in the community. Free breastfeeding education is available through **WIC, Alpha Pregnancy Care Center, Burdett Birth Center**, or a local **baby café**. If there is a cost for the class, CDPHP will reimburse the full out-of-pocket cost. To request reimbursement, complete the lactation reimbursement form at [cdphp.com/postpartum](https://www.cdphp.com/postpartum).



Receive free breastfeeding assistance

Questions or challenges? Get support from a breastfeeding professional, such as a lactation consultant. CDPHP covers these visits in full. To find a lactation consultant near you, search “lactation” on **CDPHP Find-A-Doc**, or ask your OB/GYN, child’s pediatrician, or place of delivery for their recommendations. The CDPHP Care Team can also help you find support and can be reached at **1-888-942-3747**. If out-of-pocket expenses occur, complete the lactation reimbursement form at [cdphp.com/postpartum](https://www.cdphp.com/postpartum).

** One pump is covered per benefit year. Participation in these services is dependent on plan type. Please check your member contract or call the number on your ID card to see if you’re eligible.*

*** Medicaid members are covered in full and will not need to pay costs up front. Please call member services at the phone number on your CDPHP ID card with questions.*



Want to know more? Visit www.cdphp.com/pregnancy.

Discrimination is Against the Law

Capital District Physicians’ Health Plan, Inc. (CDPHP®) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Multi-language Interpreter Services

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。