

# Lactation Support

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Access to certified lactation consultants and resources.



# Unlimited 24/7 access to certified lactation consultants and resources to help breastfeeding employees and their partners.

## 24/7 Personalized support

Lactation consultants are available at any time for one-on-one guidance.

## Referrals

Recommendations for local consultants and other helpful parenting resources.

## Return to work

Help navigate the transition back-to-work while breastfeeding including discounts on a hospital-grade Medela® breast pump.

## Breastfeeding kit

A complimentary kit filled with useful and essential products and information.

## MilkShip®

Breast milk shipping for mothers who travel for work to store and ship their milk home.

## Helps new parents with:

- Guidance before, during and after pregnancy
- Understanding health benefits of breastfeeding
- Assessing their individual needs
- Overcoming challenges and concerns
- Using proper positioning techniques
- Establishing a pumping schedule
- Coordinating with a caregiver
- Pumping, milk collection and storage
- Talking to manager about breastfeeding
- Navigating traveling for work
- Weaning
- Identifying other benefits to support working parents

## Certified Lactation Consultants have:

- International Board Certified Lactation Consultant certification
- A minimum of two years clinical experience
- A minimum of one year health teaching experience
- Completed 8-week training course
- 75 hours of additional training every five years

## Lactation Support users report:

94%

Reduction  
in stress\*

98%

Recommend to a  
friend or coworker\*

**By bringing together personalized, human support with best-in-class digital solutions, Care helps employees and businesses maximize the blend of work and life by reducing stress and increasing productivity.**

\*Data and findings are based on survey results from eligible members.