

Your Guide to Getting a Breast Pump Through Insurance

- Presenter: [Your Name], IBCLC (International Board Certified Lactation Consultant)
- Today's Goals:
 - - Understand your rights under California and federal law
 - - Learn how to contact your insurance
 - - Step-by-step guide to ordering a pump
 - - Tips for choosing the right pump

What Insurance MUST Cover

- Under the Affordable Care Act (ACA):
 - - Insurance must cover the cost of a breast pump
 - - No cost-sharing (no copay or deductible)
 - - Must be provided once per pregnancy
- California-specific: Medi-Cal and most state-regulated plans comply
- Coverage may include manual or electric pumps

Contacting Your Insurance Provider

- Call the Member Services number on your insurance card
- Ask:
 - - “What kind of breast pumps are covered?”
 - - “Do I need a prescription?”
 - - “Do I need to use a specific supplier?”
 - - “Can I choose my own pump brand?”
- Tip: Write down the rep’s name and a reference number

How to Get a Pump Prescription

- Some plans require a prescription from:
 - - OB/GYN
 - - Midwife
 - - Primary care provider
- It usually just says: “Breast pump for lactation support”
- Request it during a prenatal appointment or after delivery

Approved Medical Equipment Suppliers

- Ask your insurance which DME (Durable Medical Equipment) companies they work with
- Common options:
 - - Aeroflow Breastpumps
 - - Byram Healthcare
 - - Edgepark
 - - Lucina Care
- Visit their websites to browse pump options

Submitting Your Request

- Go to the DME website or call them directly
- Submit:
 - - Your insurance info
 - - Prescription (if required)
 - - Shipping info
- Most pumps ship around 30–36 weeks gestation, or postpartum

What Type of Pump Should I Get?

- Double Electric Pump: Most common; ideal for regular use
- Wearable Pumps (e.g., Elvie, Willow): May not be fully covered; ask about upgrade fees
- Manual Pump: Great for occasional use or emergencies
- Think about: lifestyle, work plans, portability, noise level

Maximizing Your Pumping Experience

- Order early in the third trimester
- Ask your lactation consultant for help with fit and flange sizing
- Keep documentation of your order and insurance conversation
- Some plans cover pump parts and lactation visits—ask!

Helpful Links

- California Breastfeeding Coalition:
californiabreastfeeding.org
- Aeroflow Breastpumps:
aeroflowbreastpumps.com
- Medi-Cal Info: dhcs.ca.gov
- Insurance Coverage Tool: usbreastfeeding.org

We're Here to Help

- Ask your questions!
- Contact me:
 - - [Name, IBCLC]
 - - [Email or phone]
 - - [Clinic or hospital affiliation]