

# Breastfeeding Support

24/7, personalized breastfeeding help

Having breastfeeding challenges? Trouble pumping? Breastfeeding Support offers 24/7 1-on-1 guidance and solutions from board certified lactation consultants for you or your partner. Plus, the MilkShip® program lets you safely ship breast milk home when you travel for work.



## How It Works

- 1** Call 866-814-1638, or visit the website and select Breastfeeding Support from the Browse Menu.
- 2** We'll match you to a board certified Lactation Consultant to get the guidance and support you need.
- 3** Get personalized guidance and resources or request a MilkShip package.

**“I began implementing your tips and have had more successful feeds and pumps. These resources are great.”**

— Breastfeeding Support User



**99% Satisfaction rate**

Enroll or login now for breastfeeding support  
[www.care.com/yourbenefits](http://www.care.com/yourbenefits)

