## Did you know that most insurance carriers offer a FREE breast pump to you during each pregnancy?

If you have a current insurance policy (Medicaid included), we encourage you to follow the instructions below to see if you qualify for a free breast pump (or supplies!).

Breast pumps can come in handy for a variety of reasons and seasons, so we recommend having one as a resource when possible. Be sure to head over before 36 weeks to place your order so you can guarantee delivery on time!

Ordering your pump takes just a few easy steps!

- 1. Head over Aeroflow Breastpumps: ( copy and paste into browser if not clickable) <u>https://aeroflowbreastpumps.com/qualify-through-insurance</u>
- 2. Input your insurance information, which should then let you know which breast pumps you may/may not qualify for.
- 3. If you qualify for a free breast pump, make your selection and follow the prompts to order.
- 4. Once processed, the supply company will send our office a prescription to sign and then your new breast pump should be on it's way!
- 5. To view FAQs from Aeroflow, please view: https://aeroflowbreastpumps.com/faq

## What brand pump should I select?

This is a personal choice depending on your breastfeeding history and needs. However, we recommend polling your friends and the local Facebook Breastfeeding Group! (NB Breastfeeding Support Group) There you'll be able to see what the most up to date info is, read real life reviews and make a few new mom friends too!

(What we've been hearing lately: Medela is the most popular/highly rated, but the Spectra is the new kid on the block and quickly winning hearts!)