

Breastfeeding resources from UC's medical plans



UC's medical plans have resources including nurselines, counselors and online programs to help you if you have questions about breastfeeding.

Breastfeeding support, supplies and counseling are available at no cost.

Contact your plan for details.

**Blue Shield Health Savings Plan
Core**

<https://www.blueshieldca.com/sites/uc/>;
855-201-8375

Health Net Blue & Gold

Healthnet.com/uc; 800-893-5597

Kaiser Permanente

Kp.org/pregnancy; 800-464-4000

UC Care

Uc-care.org; 855-201-2087

Western Health Advantage

Mywha.org/classes; 877-793-3655;
select Option 1 for health nurse