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.

Effective Jan. 1, 2013, breastfeeding support, supplies and counseling are available at no cost.

Contact your plan for details.

Anthem Blue Cross PLUS
Anthem Blue Cross PPO
Anthem Lumenos PPO with HRA
Core
Anthem.com/ca/uc; 800-700-0197

Health Net
Health Net Blue & Gold
Healthnet.com/uc; 800-893-5597

Kaiser Permanente
Kp.org/pregnancy; 800-464-4000

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