

# Breastfeeding resources from UC's medical plans



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**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](http://Anthem.com/ca/uc); 800-700-0197

**Health Net**  
**Health Net Blue & Gold**  
[Healthnet.com/uc](http://Healthnet.com/uc); 800-893-5597

**Kaiser Permanente**  
[Kp.org/pregnancy](http://Kp.org/pregnancy); 800-464-4000

**Western Health Advantage**  
[Mywha.org/classes](http://Mywha.org/classes); 877-793-3655;  
select Option 1 for health nurse