

Breastfeeding Education and Support for Parents

Breastfeeding Information Center

One of the goals of MilkWorks is to provide consistent, accurate, breastfeeding information to parents and providers. We maintain a Breastfeeding Information Center, which is based on the latest research and current best practices. All of our hand outs are reviewed and updated on a regular basis under the guidance of Kathy Leeper, MD, IBCLC, Breastfeeding Medicine Specialist.

Information is available at both our Lincoln and Omaha locations or online at www.milkworks.org.

Parents and health care providers may also call our front desk and speak with one of our Breastfeeding Educators in Lincoln (402-423-6402) or Omaha (402-502-0617).

There is an excellent online resource from the National Institutes of Health called LACTMED. It contains information about medication safety for breastfeeding mothers. This resource is FREE.

www.toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT

Classes for Parents

All About Breastfeeding is a four-hour class for expectant parents. It provides basic breastfeeding information, including information on using a breast pump. The class fee is \$25 and may be filed with insurance.

Return to Work While Breastfeeding is a two-hour class for mothers who are employed outside the home. It focuses on pumping while back at work, milk storage, working with

day care providers and balancing work and a new baby. The fee is \$15. It is included as part of our *Pump Service Plan*.

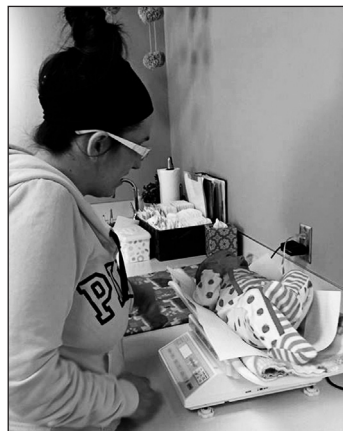
Introducing Solids is a two-hour class for parents of 3 to 9 month old babies. It covers developmental readiness signs, food safety and introduction of new foods. This class is complimentary for consult clients. The fee is \$10. **(Lincoln location only)**

Drop In Weight Checks

Parents may drop in and weigh their baby on a high quality digital scale during our open hours. There is no fee for this service.

Weight reports may be faxed to a baby's healthcare provider upon request.

We are a well baby facility so parents do not have to worry about encountering sick children.



Moms' Groups

Research shows that mothers breastfeed longer and more exclusively when they are around other breastfeeding mothers. MilkWorks Lincoln has Mom Talk groups that meet at **10am each Tuesday and Wednesday**, and a Twin Talk group that meets the **1st and 3rd Thursday each month at 10am**.

MilkWorks Omaha has Mom Talk groups that meet at **10am each Monday and Wednesday**. The groups are designed for information sharing and peer support. No fee to attend; registration not required.



Contact Information

MilkWorks (Lincoln)

Director: Stacey Roach

5930 South 58th (in the Trade Center)

Lincoln, NE 68516

Phone: (402) 423-6402 | Fax: (402) 423-6422

MilkWorks O (Omaha)

Director: Meredith Willits

10818 Elm Street (Rockbrook Village)

Omaha, NE 68144

Phone: (402) 502-0617 | Fax: (402) 502-4676

information@milkworks.org | www.milkworks.org

Executive Director: Ann Seacrest, RN, IBCLC

MilkWorks Provider Update

March 2017

MilkWorks, a non-profit community breastfeeding center, has been serving families since 2001. Our mission is to create a healthier community by helping mothers breastfeed their babies.

We have two locations:

MilkWorks (Lincoln)

5930 South 58th (in the Trade Center)

Lincoln, NE 68516

Phone (402) 423-6402

Hours: Monday - Saturday 9am - 5pm

(open Tuesday evenings until 6:30 pm)

Sunday 1 - 4pm

MilkWorks O (Omaha)

10818 Elm Street (in Rockbrook Village)

Omaha, NE 68144

Phone (402) 502-0617

Hours: Monday - Saturday 9am - 5pm

Services include:

- Breastfeeding Information Center
- Board Certified Lactation Consultants (IBCLCs)
- Drop In Weigh Station
- Quality Medical Need Rental and Personal Use Breast Pumps
- Breastfeeding Supplies
- Classes and Moms' Groups



Our Lactation Consultants (IBCLCs) at MilkWorks and MilkWorks O

To promote continuity of lactation care once a mother leaves the hospital setting, MilkWorks has board certified Lactation Consultants (IBCLCs) who provide clinical services six days a week in Lincoln and Omaha.

We welcome referrals, especially for newborns who are home from the hospital and are not latching well or gaining weight. Our goal is to schedule a mother with a lactation consultant the same day, or within 24 hours.

Consultations are by appointment:

Lincoln (402) 423-6402

Omaha (402) 502-0617

Please FAX us a progress note if you refer a mother to MilkWorks. Consultation reports are faxed to both the mother and baby's health care providers.

For fee information, please see Insurance Reimbursement for Breastfeeding Consultations (page 2).



Ann Seacrest
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Suzy Meyers
LLLL, IBCLC



Teresa Flattery
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Jenny Maestas
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Mindee Tockey
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Christi Schill
RN, IBCLC



Anne Easterday
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Debbie Erikson
RN, IBCLC



Dr. Kathy Leeper
MD, IBCLC

Insurance Reimbursement for Breastfeeding Consultations

Private Insurance

The Affordable Care Act requires private insurance plans to provide breastfeeding support with no deductible and no co-pay. MilkWorks’ IBCLCs are credentialed with most insurance plans to provide individualized breastfeeding help for mothers and babies.

If a mother’s plan does not cover breastfeeding support, MilkWorks provides a discounted, out-of-pocket consultation fee. We do not file for insurance under this option. Payment is made at the time of an appointment.

Tricare Insurance

MilkWorks is in-network with Tricare for up to six visits. There is no deductible and no co-pay. MilkWorks will file directly with Tricare for reimbursement.

Medicaid Insurance

Nebraska Medicaid plans do not currently provide coverage for breastfeeding help – only breast pumps. To assist low income mothers and their babies, MilkWorks seeks grants in order to pay for their care.

In Lincoln, if a mother does not have ANY private insurance coverage, AND she OR her baby have Medicaid insurance, MilkWorks will provide consultation services at no cost. MilkWorks currently receives grant funding and donations from a variety of foundations and individuals to provide services for low income families.

In Omaha, we have limited grants to cover consults for low income mothers. Please inquire about availability.

Insurance Reimbursement for Breast Pumps

Private Insurance

The Affordable Care Act requires coverage of breast pumps. Each insurance plan is interpreting this differently. Most private plans provide coverage for a Personal Use Pump. When there is a medical need, mothers may pay out of pocket for the short or long term use of a Medical Need (aka Hospital Grade) Rental Pump. Some insurance plans may cover a Medical Need Rental Pump with pre-authorization.

MilkWorks is contracted with most private insurance plans. If a plan does not sufficiently reimburse for a quality Personal Use Pump, we may not be in-network with that plan.

Tricare Insurance

Mothers may choose from our selection of quality Personal Use Pumps, including the Medela Pump In Style Advanced (tote or backpack style) and the Spectra S1 or S2. A prior authorization from Tricare is required, which can be completed by the mother’s medical provider or directly through MilkWorks. A prescription for a breast pump is needed to file with Tricare.

Please Note: We provide a Pump Service Plan with all of our pumps. The plan includes information and guidance on using a pump, cleaning pump parts, and obtaining the best fit with a breast shield. Also included is our Return to Work class.



Creating a healthier community by helping mothers breastfeed their babies.

Medicaid Coverage of Breast Pumps - March 2017

Medical Need (aka Hospital Grade) Rental Pumps

A Medical Need (Hospital Grade) Rental Pump is designed to initiate and maintain a milk supply when a baby is not feeding well. It is the pump of choice for a mother and infant who are having problems breastfeeding. In 2010, a physician committee helped Nebraska Medicaid establish the following Medical Need Guidelines for a rental pump. For a physician order template, please contact MilkWorks at (402) 423-6402.

Nebraska DHHS Medical Need Guidelines for a Rental Pump

Short Term Rental (up to 2 months):

- Infant with abnormal weight loss
- Hyperbilirubinemia
- Inadequate milk supply
- Mastitis
- Acutely ill infant
- Infant food allergy
- Maternal medical condition
- Maternal postpartum complications

Long Term Rental (6-12 months)

- Congenital abnormality of infant
- Neurologic abnormality of infant
- Prematurity (<37 weeks gestation)
- Latch difficulties

Symphony Rental Pump



Personal Use Pumps (PUP)

A Personal Use Pump (PUP) is designed for minor problem solving or for mothers who require a pump for returning to work or school. MilkWorks provides a choice of either the Medela Pump In Style Advanced or the Spectra S2. Both PUPs are proven effective for most breastfeeding mothers and may be obtained during pregnancy or after delivery.



Medela PNS Advanced



Spectra S2

What breast pumps are Nebraska Medicaid health plans currently covering?

WellCare of Nebraska

PUP: One per pregnancy; 30 days prior to birth or after delivery.
Medical Need Rental: Available per DHHS Medical Need Guidelines.

UnitedHealthcare Community Plan

PUP: One per pregnancy; 30 days prior to birth or after delivery.
Medical Need Rental: Available per DHHS Medical Need Guidelines.

Nebraska Total Care

PUP: One per pregnancy; 30 days prior to birth or after delivery.
Medical Need Rental: Available per DHHS Medical Need Guidelines.

Nebraska DHHS Medicaid

PUP: Not available.
Medical Need Rental: Available per DHHS Medical Need Guidelines.

Criteria for Physicians Ordering a Breast Pump

Medicaid requires a physician signature on all DME orders.

If a mother (or baby) has a Medical Need for a breast pump (see DHHS Medical Need Guidelines), a physician may write an order for a Medical Need (Hospital Grade) Rental Pump. Please specify the diagnosis and the corresponding length of rental on the order. If there is no Medical Need, a physician may write an order for a Personal Use Pump (PUP).

For more information, please contact Dannie Elwood, Business Manager, at (402) 423-6402, extension 102.