

# Breastfeeding Education and Support for Parents

## Breastfeeding Information Center

One of the goals of MilkWorks is to provide consistent and 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 handouts 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](http://www.milkworks.org).

Parents and healthcare 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.

<https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>

## 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.

**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. The fee is \$15. **(Lincoln location only)**

**Breast Pumps 101** is a class that covers the ins and outs of using each style of breast pump, including “best practice” tips, cleaning & assembling pump parts, breast shield fit & more! There is no fee to attend. **(Omaha 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 has free weekly mother’s groups at both our Lincoln and Omaha locations. There is no fee to attend, registration is not required, and older siblings are welcome. Visit [www.milkworks.org](http://www.milkworks.org) for days and times.



## Contact Information

### MilkWorks (Lincoln)

5930 South 58th Street (in the Trade Center)  
Lincoln, NE 68516  
Phone: (402) 423-6402 | Fax: (402) 423-6422  
[lincoln@milkworks.org](mailto:lincoln@milkworks.org)

### MilkWorks O (Omaha)

10818 Elm Street (Rockbrook Village)  
Omaha, NE 68144  
Phone: (402) 502-0617 | Fax: (402) 502-4676  
[omaha@milkworks.org](mailto:omaha@milkworks.org)

Executive Director: Ann Seacrest, RN, IBCLC

Medical Director: Kathy Leeper, MD, IBCLC, FABM

*Creating a healthier community by helping mothers breastfeed their babies.*

[www.milkworks.org](http://www.milkworks.org)

# MilkWorks Provider Update

February 2019

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

### MilkWorks (Lincoln)

5930 South 58th  
(in the Trade Center)  
Lincoln, NE 68516  
Phone (402) 423-6402

### MilkWorks O (Omaha)

10818 Elm Street  
(in Rockbrook Village)  
Omaha, NE 68144  
Phone (402) 502-0617

### Hours:

Monday-Saturday, 9am-5pm  
Open until 8pm on Tuesdays

### Services include:

- Individual Consultations with
  - Board Certified Lactation Consultants (IBCLCs)
  - Breastfeeding Medicine Specialist (MD)
- Drop In Weigh Station
- Quality Medical Need Rental and Personal Use Breast Pumps
- Breastfeeding Information Center
- Breastfeeding Supplies
- Classes and Moms’ Groups

### Community Outreach

Please visit [milkworks.org](http://milkworks.org) for information on our outreach services in select Nebraska communities.



## Our International Board-Certified Lactation Consultants (IBCLCs)

MilkWorks has a Breastfeeding Medicine Specialist and eleven IBCLCs who provide clinical services six days a week in Lincoln, Omaha, and York. We welcome referrals, especially for newborns who are not latching well or gaining weight. Our goal is to schedule a mother with an IBCLC the same day, or within 24 hours.

Please FAX us a progress note if you refer a mother to MilkWorks. Consultation reports are faxed to both a mother and a baby’s healthcare providers.

**Consultations are by appointment  
Monday - Saturday:**

**Lincoln (402) 423-6402  
Omaha (402) 502-0617  
York (402) 710-8577**



Kathy Leeper  
MD, IBCLC



Anne Easterday  
IBCLC, LLL



Debbie Erikson  
RN, IBCLC



Teresa Flattery  
RN, IBCLC



Meghan Gerken  
RN, IBCLC



McKenzie Jones  
IBCLC, BS



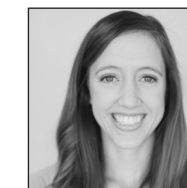
Kristi Lord  
RN, IBCLC



Jenny Maestas  
IBCLC, BA



Suzy Meyers  
IBCLC, LLL



Jenny Petersen  
RN, IBCLC



Christi Schill  
RN, IBCLC



Mindee Tockey  
RN, IBCLC

Insurance Reimbursement for Breastfeeding Consultations

Private Insurance

The Affordable Care Act requires private insurance plans to cover breastfeeding support with no deductible and no co-pay as a preventative service. MilkWorks is credentialed with all major private insurance plans to provide individualized breastfeeding support with an IBCLC. Claims are filed under a mother’s plan, not a baby’s plan. Some plans may have a limit on the total number of consultations. We encourage mothers to call their plan to confirm coverage details.

Dr. Kathy Leeper, our breastfeeding medicine specialist, typically submits a claim for services under medical codes. Please note that a co-pay or deductible may apply to Dr. Leeper’s appointments.

Insurance Reimbursement for Breast Pumps  
MilkWorks requires a prescription for all pumps that are filed with insurance.

Private Insurance

The Affordable Care Act requires coverage of breast pumps as durable medical equipment. MilkWorks is in-network with all major private insurance plans. Most private plans cover a Personal Use Pump. MilkWorks carries the Medela Pump in Style Advanced, as well as the Spectra S1 and S2. We have a limited number of Medical Need (aka Hospital Grade) Medela Symphony pumps that may be rented out of pocket.

TRICARE Insurance

MilkWorks is in-network with TRICARE for breast pumps. Prior authorization is **not** required for a Personal Use Pump.

TRICARE Insurance

A prior-authorization for breastfeeding consultations is **not** required. Coverage is limited to six consultations.

Medicaid Insurance

As of July 1, 2017, lactation counseling services are a Nebraska Medicaid covered service for Medicaid eligible babies. There is a limit of five counseling sessions. MilkWorks is credentialed with all three Medicaid plans.

No Insurance

MilkWorks provides a discounted, out-of-pocket consultation fee. We do not file for insurance under this option. Payment is requested at the time of the appointment.

Medicaid Insurance

MilkWorks is in-network with Nebraska Medicaid and all three Medicaid managed care plans for breast pumps. Coverage may be under a mother **or** a baby. Please see detailed information on obtaining a Medical Need (Hospital Grade) Rental Pump or a Personal Use Pump on next page.

Pump Service Plan

MilkWorks provides a *Pump Service Plan* with all of our pumps. The plan includes information and guidance on using a pump, cleaning pump parts, obtaining the best fit with a breast shield, and attendance at our *Return to Work* class or support group. Our pump handouts are also available in Spanish.



Creating a healthier community by helping mothers breastfeed their babies.

Medicaid Coverage of Breast Pumps - February 2019

Medical Need (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 call (402) 423-6402 or visit [www.milkworks.org](http://www.milkworks.org).

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

Medela Symphony  
Medical Need  
Rental Pump



Personal Use Pumps

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 either the Medela Pump in Style Advanced Starter Set or the Spectra S2 Plus. Both PUPs are effective for most breastfeeding mothers and may be obtained during pregnancy or after delivery.



Medela Pump in Style



Spectra S2 Plus

Nebraska Medicaid Guidelines for Breast Pumps

WellCare of Nebraska • UnitedHealthcare Community Plan • Nebraska Total Care

**Personal Use Pump:** One per pregnancy; 30 days prior to birth or after delivery.

**Medical Need Rental Pump:** Available per DHHS Medical Need Guidelines (see above).

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 hospital grade rental 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 Sarah at MilkWorks at (402) 423-6402 Ext 111.