

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.

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 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 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 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

MilkWorks O (Omaha)

10818 Elm Street (Rockbrook Village)
Omaha, NE 68144
Phone: (402) 502-0617 | Fax: (402) 502-4676
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

MilkWorks Provider Update

April 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 our

- Breastfeeding Medicine Specialist (MD) or
- Board Certified Lactation Consultants (IBCLCs)
- 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 for information on our outreach services in select Nebraska communities.



Our Breastfeeding Medicine Specialist & IBCLCs

MilkWorks has a **Breastfeeding Medicine Specialist** and eleven **International Board-Certified Lactation Consultants (IBCLCs)** who provide clinical services six days a week in Lincoln, Omaha, and York. We welcome referrals for all breastfeeding issues. Our goal is to schedule a mother with an IBCLC the same day, or within 24 hours.

Consultation reports are faxed to both a mother and a baby’s healthcare providers as appropriate.

**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, LLLL



Debbie Erikson
RN, IBCLC



Teresa Flattery
RN, IBCLC



Meghan Gerken
RN, IBCLC



McKenzie Jones
IBCLC, BS



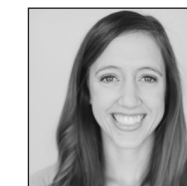
Kristi Lord
RN, IBCLC



Jenny Maestas
IBCLC, BA



Suzy Meyers
IBCLC, LLLL



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.

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.

Insurance Reimbursement for Breast Pumps

Please note that 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 also have Medical Need (Hospital Grade) Medela Symphony rental pumps. Rental pumps are only available with an MD prescription that identifies a Medical Need and may not be reimbursed by insurance.

TRICARE Insurance

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

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 the 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.

Medicaid Coverage of Breast Pumps - April 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.

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.



Creating a healthier community by helping mothers breastfeed their babies.