



## Medicaid Coverage at MilkWorks

MilkWorks is committed to making breastfeeding support accessible and equitable for all families. With Medicaid coverage, families can access a comprehensive range of services designed to promote successful breastfeeding outcomes and overall well-being. We encourage eligible families to take full advantage of these services to support their breastfeeding journeys.

### Consultations

Nebraska Medicaid covers one-on-one lactation consultations with our International Board Certified Lactation Consultants (IBCLCs). These sessions provide personalized support to address breastfeeding challenges, such as latch issues, milk supply concerns, and managing breastfeeding with special circumstances. Our IBCLCs work closely with families to create tailored breastfeeding plans that meet their unique needs.



### Breast Pumps

Eligible Medicaid recipients can receive a high-quality breast pump at no cost. MilkWorks provides both personal use and hospital grade rental breast pumps, along with necessary supplies such as storage bags and spare parts, ensuring that families have the tools they need for successful breastfeeding.

### Classes

MilkWorks classes are free to Medicaid participants. These classes help families prepare for their breastfeeding journeys:

- All About Breastfeeding: Educates expectant parents on what to anticipate and how to prepare for breastfeeding. Covers the fundamentals of breastfeeding, including infant positioning, latch techniques, and common challenges.
- Return to Work: Offers strategies for balancing breastfeeding with work commitments, including pumping and milk storage tips.

Families can visit [www.milkworks.org/calendar](http://www.milkworks.org/calendar) to get registered.

Our mission is to create a healthier community by empowering families to reach their breastfeeding goals. MilkWorks provides clinical lactation consultations as well as a variety of free resources and services at our two locations in Lincoln and Omaha. Virtual classes and telehealth appointments are available to accommodate the needs of each family.



74%

of families who were supported by MilkWorks are still breastfeeding at 12 months!

*MilkWorks survey data 2024*

# Our Clinic Team

Lactation consultations are a covered service with most insurance plans and Nebraska Medicaid. Appointments are available six days a week - please call to schedule.

Christi Schill  
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Anne Easterday  
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Kristi Lord  
RN, BSN, IBCLC



Miriam Heider  
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Michelle Jenkins  
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Michelle Lingenfelter  
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APRN, WHNP-BC, IBCLC



## Advanced Providers

MilkWorks Advanced Providers accept referrals for parents and babies dealing with breastfeeding issues including but not limited to tongue ties, prematurity, food sensitivities, nipple blebs, and mastitis.

## Academy of Breastfeeding Medicine - The Mastitis Spectrum (Protocol #36)

The Academy of Breastfeeding Medicine's (ABM) Protocol #36, "The Mastitis Spectrum," outlines a comprehensive approach to managing mastitis in breastfeeding mothers. Key points include:

- Mastitis Spectrum:** Mastitis can range from mild inflammation to severe infection, including lactational breast abscess.
- Diagnosis:** Identifying symptoms such as localized breast pain, swelling, redness, and systemic symptoms like fever.
- Management:**
  - Mild Cases: Focus on effective milk removal, supportive care (rest, hydration, pain relief), and monitoring.
  - Moderate to Severe Cases: Antibiotics are recommended for persistent symptoms or systemic illness. Empirical treatment targets common bacteria like *Staphylococcus aureus*.
- Supportive Measures:** Continued breastfeeding or pumping, improving latch, and addressing underlying issues such as blocked ducts or nipple trauma.
- Recurrent Mastitis:** Requires investigation of contributing factors like oversupply, poor drainage, or underlying health conditions.
- Probiotics:** Consideration for probiotic use to support breast health.
- Follow-Up:** Ensuring proper resolution and addressing any complications or recurrent issues.



Read the full protocol here

The protocol emphasizes individualized care, integrating both medical and supportive strategies to manage the full spectrum of mastitis. The full article can be found at [bit.ly/4heVIQf](http://bit.ly/4heVIQf) or by scanning the QR code.

### Lincoln

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@milkworks\_

### Omaha

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