



# Helpful Hints on Obtaining a Free Breast Pump Through your Insurance

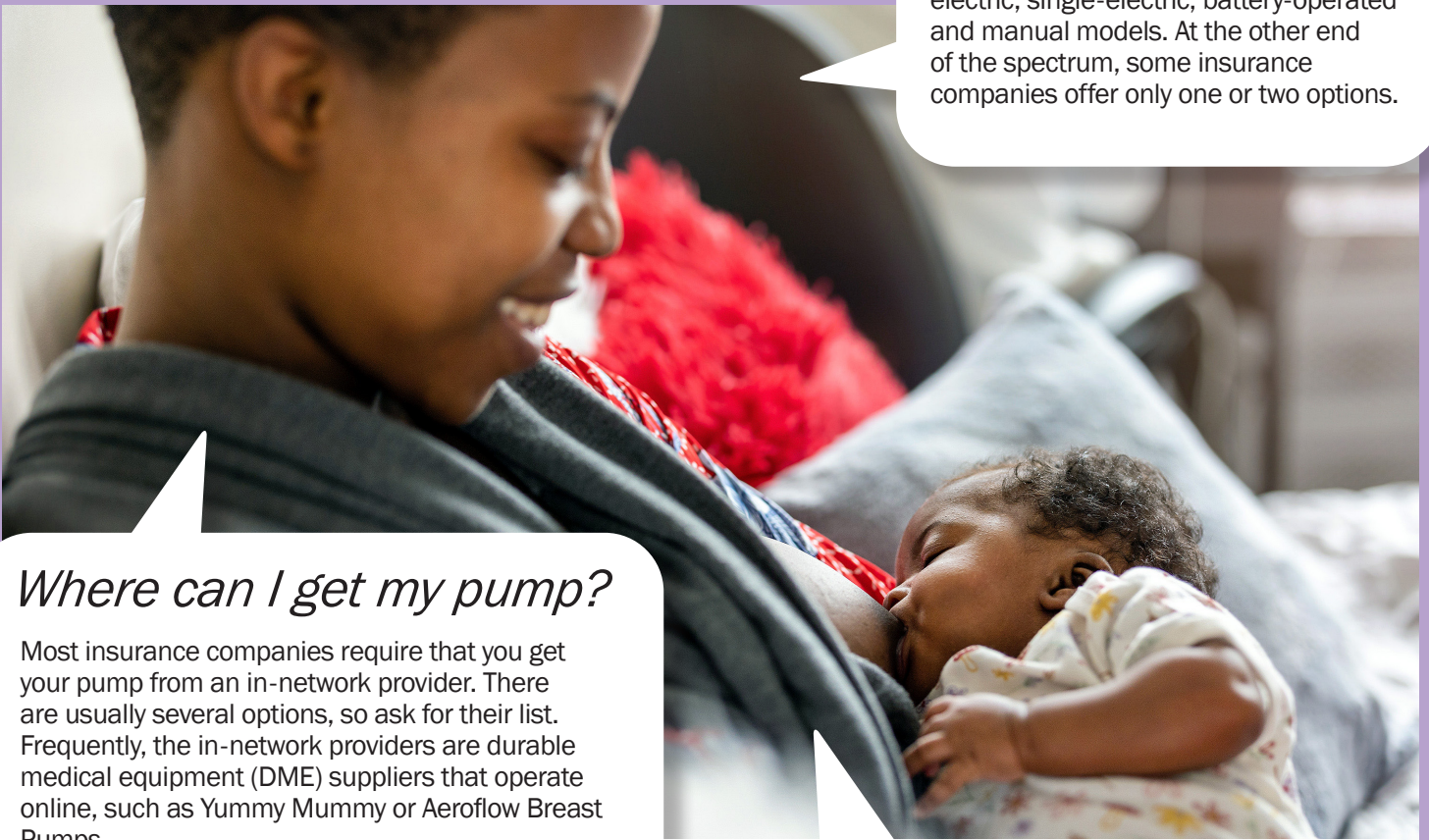
Not only can you get a breast pump through your insurance, but legally, your health insurance plan has to cover it for free, without co-pays.

All health insurance plans — including Medicaid — must cover breast pumps by law. The only exceptions are a few grandfathered plans, which do not have to offer the coverage, although many still do.

**Contact your insurance provider early into your third trimester and ask these three questions:**

## *What types of breast pumps do you cover?*

Some insurance companies offer as many as nine choices, including double-electric, single-electric, battery-operated and manual models. At the other end of the spectrum, some insurance companies offer only one or two options.



## *Where can I get my pump?*

Most insurance companies require that you get your pump from an in-network provider. There are usually several options, so ask for their list. Frequently, the in-network providers are durable medical equipment (DME) suppliers that operate online, such as Yummy Mummy or Aeroflow Breast Pumps.

## *Do I need a prescription?*

You may need a prescription and/or pre-authorization to get your pump. Ask about this policy so you're not scrambling to get it from your midwife or obstetrician at the last minute. Even if you don't need a prescription, the DME (or other provider) may need to verify some information with your doctor before shipping your pump. Again, this process varies by insurance companies.



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## Consider Various Breast Pumps

If your insurance company offers several options, you will need to decide which kind of pump works best for you.



### Double-electric Breast Pumps

- 18% more milk in a 15-minute pumping session compared to single pumping
- An additional milk let-down reflex
- Higher energy content in breastmilk
- Better and more effective drainage of the breast
- Using a double pump can save time, cutting an average single pumping session from approx. 30-40 minutes to 15-20 minutes, dependent on the storage capacity of the breast and milk flow.
- Some women don't like this setup and report feeling like they are "hooked up to a machine."



### Single-electric Breast Pumps

- You can pump only one breast at a time with this style, which can take longer. But some women like having the option of pumping one breast and letting the baby nurse on the other breast at the same time.



### Battery-operated Breast Pumps

- Many pumps come with a built-in battery pack which can be handy if you're on the go and don't have access to electrical outlets. There are also wearable breast pumps that fit inside your bra and can pump while you are handling other tasks.



### Manual Pumps

- Manual pumps are easy to transport and are much lighter than electric pumps.
- Because manual pumps are hand-operated, there's no need for a power source.
- Manual pumps are easy to clean, affordable, and quieter than electric pumps.

**NOTE:** It's not recommended that you share a breast pump that's been used by another person. The only way this can be done safely is through an authorized provider to ensure it's been cleaned and sterilized properly.

## Breast Pump Provider Websites

- Free Breast Pumps Through Insurance | [www.edgeparkbreastpumps.com](http://www.edgeparkbreastpumps.com)
- Qualify Through Insurance | [www.aeroflowbreastpumps.com](http://www.aeroflowbreastpumps.com)
- Shop – The Lactation Network | [www.lactationnetwork.com](http://www.lactationnetwork.com)
- Medela Breast Pump Through Insurance | [www.medela.us](http://www.medela.us)
- Getting Your Breast Pump through Insurance | [www.yummyummystore.com](http://www.yummyummystore.com)
- Breast Pumps Covered By Health Insurance (FREE SHIPPING) | [www.insurancecoveredbreastpumps.com](http://www.insurancecoveredbreastpumps.com)



## Helpful Breastfeeding Resources

- Knox County Health Department WIC Program | <https://knoxcounty.org/health/wic.php>
- Tennessee Breastfeeding Hotline: 1-855-4BF-MOMS (1-855-423-6667)
- Breastfeeding Laws | [www.tn.gov/health/health-program-areas/fhw/bf/breastfeeding-laws.html](http://www.tn.gov/health/health-program-areas/fhw/bf/breastfeeding-laws.html)
- Stronger Babies – Stronger Babies are Healthier Babies | [www.strongerbabyknox.org](http://www.strongerbabyknox.org)

Sources: Healthcare.gov; Forbes Health.com: How to Get a Breast Pump Through Insurance – Forbes Health; momlovesbest.com: Manual vs. Electric Breast Pump (Which Should You Choose?) (momlovesbest.com); Yahoo.com: The Trick to Getting a Free Breast Pump Through Insurance (yahoo.com)