



Breastfeeding and lactation support for members

If you are pregnant or breastfeeding and enrolled in Health First Colorado (Colorado's Medicaid program) or Child Health Plan *Plus* (CHP+), you can get free breastfeeding support and supplies.

What we cover:

- Meet with a lactation support provider in a way that works for you!
 - In-person or via telehealth
 - Individual or group setting
- There is no limit to the number of sessions.
- Breastpumps for people as early as their 28th week of pregnancy or postpartum.

How to get help:

- Talk to your primary care provider to get a recommendation for lactation counseling services.
- To receive a breast pump, you will need a prescription from your physician, physician assistant, nurse practitioner, or certified nurse midwife.

Breastfeeding may be natural, but it may not always be easy. Get the help you need!