



## Free breast pump available through PG&E's Health Account Plan

If you choose to continue to breastfeed your child after you return to work, Pacific Gas and Electric Company (PG&E) has resources to help you through the process. As part of our commitment to support you and your new baby, a free breast pump is available through the Health Account Plan (HAP) to female members in the HAP. See the instructions below as they pertain to your medical plan administrator – Anthem or Kaiser – to find out how to get a free breast pump.

### Anthem HAP

#### 1. Find an in-network provider

To ensure your breast pump will be free, be sure to order it from an in-network provider or in-network durable medical equipment (DME) supplier. To receive the names of Anthem's in-network providers and in-network DME suppliers who carry breast pumps, call Anthem at **1-800-964-0530**. Breast pumps obtained from out-of-network providers will be covered but will not usually be free.

#### 2. Get a prescription

Have your physician write you a prescription for a breast pump. You'll need to provide this when you order your pump.

#### 3. Order the breast pump during your pregnancy or following the birth of your baby

The in-network provider or in-network DME supplier will determine when you can order the breast pump, based on your due date. You may get a free standard manual or electric breast pump through the HAP as long as you have a prescription and you order the breast pump from an in-network provider or in-network DME supplier. When medically necessary, the HAP will cover the rental fees for a hospital-grade breast pump on a monthly basis for as long as it is needed. When using non-network providers/suppliers, you may be responsible for additional costs.

#### For more information:

Call Anthem at **1-800-964-0530**

### Kaiser HAP

#### 1. Call Kaiser Permanente's breast pump ordering line

You may order your Ameda Purely Yours breast pump after the birth of your baby. Call Kaiser's breast pump ordering line at **1-877-291-5204** with your Kaiser Permanente Medical Record Number, the baby's date of birth and a shipping address.

If you require a hospital-grade pump, an authorization will be issued by your Kaiser doctor and the pump will be delivered to you at no charge within 24 hours; you do not need to call and place an order yourself.

#### 2. Order within 180 days after the birth of your baby

You should receive your new breast pump within 2-3 business days of placing the order.

#### For more information:

Call Kaiser at **1-800-663-1771**

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# PG&E Onsite Mothers' Rooms

Congratulations on the new addition to your family! In recognition of the natural, beneficial source of nutrition and healthy start that breastfeeding provides for an infant, PG&E offers you a supportive environment to enable you to express milk during work hours.

## Mothers' Room Locations

If you choose to breastfeed your child, you may take advantage of the many mothers' rooms located throughout the PG&E territory. Please visit [myggebenefits.com](http://myggebenefits.com) for the most up-to-date list of mothers' room locations. If you plan to use the mothers' rooms at any location, please email [wellness@pge.com](mailto:wellness@pge.com) at least 10 business days prior to your return to request the access code. Be sure to include your LAN ID for verification purposes.

If there isn't a designated space at your work location, you may express milk in your own private office, if available, or submit the Temporary Mothers' Room Request form (which you can find at [myggebenefits.com](http://myggebenefits.com) > **Work/Life Benefits** > **Mothers' Rooms at Work**) to [FacilitiesManagementOffice@pge.com](mailto:FacilitiesManagementOffice@pge.com) at least 30 days prior to your return to work so that appropriate accommodations can be made.

## Mothers' Room Breast Pumps

For your convenience, most mothers' rooms are equipped with a hospital-grade multi-user breast pump. These efficient pumps can minimize the amount of time needed to express milk, help with milk production and prevent the need to carry your own pump to work every day. The PG&E-provided pumps are designed to be safe for multiple users, but it's always best to consult with your doctor or certified lactation consultant prior to use. Refer to the mothers' room list to see if your mothers' room is equipped and which pump is provided.

To use the pump, complete the **PG&E Breast Pump Waiver form** (available on [myggebenefits.com](http://myggebenefits.com)) and send to [wellness@pge.com](mailto:wellness@pge.com), bring in your own attachments (see info. below) and connect to the PG&E-provided pump. You can get the attachments through the health plan along with your free breast pump (see instructions on previous page). Here's what you'll need:

Ameda Elite attachments	Dual	Single
Breast flange/pump body with breast shield	2	1
Silicone diaphragm	2	1
4 oz./120 mL bottle	2	1
White valves	4	2
Adapter cap	2	1
Silicone tubing (36 inch)	2	1
2-piece lock-tight bottle cap	2	1
Tubing adapter/pump connector	1	1



Medela Symphony attachment kit*	Dual
24mm PersonalFit™ breast shields and connectors	2
5 oz./150mL breastmilk bottles with lids	2
Membranes	4
Protective membranes	2
Membrane caps	2
Tubing	2
Valves	2
*This kit may also be purchased outside of the health plan at a <a href="#">discount</a> using code <b>PGE10</b> .	

Please contact [wellness@pge.com](mailto:wellness@pge.com) with any questions or concerns.