

## **FEEDING YOUR BABY:**

Choosing the best method of feeding your baby is an important personal decision best made with your doctor. While most healthcare associations recommend breastfeeding as the best option, some mothers are unable to breastfeed or make the decision to choose formula based on life factors. Infant formula provides a baby with appropriate nutrition for growth and development.

### **Breastfeeding**

Breast milk provides your baby with the best possible infant food. Human milk contains all the nutrients your newborn needs and is more easily digested than any other infant food. A diet of mother's milk readies your baby's body for other foods.

### **Advantages to Breastfeeding**

- The hormone oxytocin, released during breast feeding, assists the uterus in returning to its regular size more quickly and can reduce postpartum bleeding.
- Breastfed infants may have a reduced risk of later developing chronic conditions such as type 2 diabetes, rheumatoid arthritis, and cardiovascular disease to include high blood pressure and high cholesterol.
- Many women report benefits such as increased confidence and a stronger sense of connection with their babies.
- Offering breast milk is cost effective when compared to purchasing infant formula.
- Human milk benefits your baby's immune system, offering protection against a wide variety of infections.

### **Breastfeeding Assistance**

Birthing facilities in Capital Health Plan's service area provide lactation services that are covered with the mother's stay. The mother, nurse, or physician must request a lactation consultant visit to the mother's hospital room. The lactation consultant will schedule a visit with those who requests assistance or education during the inpatient stay. The lactation consultant can share information about outpatient services to include active support groups.

## **Breast Pumps**

Capital Health Plan covers a personal, dual, electric breast pump with no cost share to the member. Capital Health Plan covers one pump per pregnancy.

To obtain a breast pump, consult your obstetrician or delivery facility. Training on the use of the pump is provided at pick-up time.

### **For additional information on breastfeeding**

- Capital Health Plan: [capitalheath.com](https://capitalheath.com): [Healthwise Knowledgebase](#)
- For questions about any fees associated with any service, please contact CHP Member Services at 850-383-3311 or via e-mail at [memberservices@chp.org](mailto:memberservices@chp.org).

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