



## BE READY FOR BABY.

Get a breast pump at no additional cost.

Did you know that breastmilk is the only food your baby needs for the first six months? Health care providers advise breastfeeding for one year or longer, but your baby benefits from any amount of breastfeeding you can do. Pumping breastmilk can help you provide milk for your baby when you're apart. You may also want to use a pump if your baby is unable to feed at the breast.

### Your Cigna medical plan includes coverage for a breast pump.

Once you reach the 28th week of pregnancy, you can get a breast pump through Cigna at no additional cost.

#### Order through our exclusive in-network provider, CareCentrix.

To order your breast pump, please contact CareCentrix at **877.320.2301**, available M-F from 8 am-8 pm EST and Sat-Sun from 8 am-6 pm EST. You can also go online to **medeladelivers.com**.

- › You don't need a prescription, unless you are ordering a hospital grade pump.
- › A starter kit is included at no cost, but you will have the option to purchase upgrades and accessories at a Cigna discounted rate.
- › The fax number for CareCentrix is **800.700.2085**.

Breast pumps are usually delivered within two weeks of receiving all documentation.

Together, all the way.®



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