



# Get a Breast Pump at no cost

How to find a provider.



# Need a Breast Pump?



To find a breast pump provider, scan the QR code or visit the Trillium website at

[trilliumohp.com/newborncare](https://trilliumohp.com/newborncare)

# Helpful Tips

- Before your delivery, talk with your midwife or doctor about getting a breast pump.
- If you won't be getting a breast pump from your midwife or doctor, you can get one from Trillium.
- Ask your midwife or doctor to fax a prescription for your breast pump to one of the providers listed on our website:  
[trilliumohp.com/newborncare](https://trilliumohp.com/newborncare).
- Ask your midwife or doctor to fax the prescription within 24 hours of your discharge from the hospital.
- The breast pump can be delivered to you while you are in the hospital.
- If you leave the hospital before you get your breast pump, you will need to pick it up from the provider.



**“I really appreciated the program. I was happy to know I had help when I needed it.”**

**NICOLE R.**  
Parent-to-be

# Adding your Baby to the Health Plan

Please take the following steps to add your baby on to the health plan.




Call the Oregon Health Plan:  
800-699-9075



Apply in person at a local Oregon Department of Human Services (ODHS) office or OHP-certified community partner





“The program was awesome. It was helpful in my pregnancy. I was able to have a healthy baby because of it.”

**DANIELLE P.**

Parent-to-be

**English** - You can get this communication in other languages, large print, Braille or a format you prefer. You can also ask for an interpreter. This help is free. Call [1-877-600-5472] or TTY 711. We accept relay calls. -You can get help from a certified and qualified health care interpreter.

**Spanish** - Puede obtener esta información en otros idiomas, en letra grande, braille o en un formato que usted prefiera. También puede recibir los servicios de un intérprete. Esta ayuda es gratuita. Llame al servicio de atención al cliente 1-877-600-5472] o TTY 711. Aceptamos todas las llamadas de retransmisión. -Usted puede obtener ayudar de un intérprete certificado y calificado en atención de salud.**Russian** - Вы можете получить это документ на другом языке, напечатанное крупным шрифтом, шрифтом Брайля или в предпочитаемом вами формате. Вы также можете запросить услуги переводчика. Эта помощь предоставляется бесплатно. Звоните по тел. 1-877-600-5472] или ТТУ 711 Мы принимаем звонки по линии трансляционной связи. -Вы можете получить помощь от аккредитованного и квалифицированного медицинского переводчика.