



Call Trillium Member Services at  
**1-877-600-5472**  
and ask for the Start Smart for Your Baby® team. They will help you get a referral for lactation support.

## Lactation Support for New Parents

Congratulations on your new baby! Trillium's Start Smart for Your Baby® team is here for you and your family. We can help you get the lactation support you need in settings outside of the doctor's office. This could be your home, in a group class, in a shelter, in a park, or other locations. This is a covered benefit for our Trillium members.

### Who do lactation services support?

- Pregnant, first-time parents
- Parents with lactation challenges
- Children

### What services are available?

- Health education, coaching, help with breast / chest feeding
- Guidance with optimal breast / chest feeding positions, establishing a good milk supply, latching, and pumping
- Individual or group breast / chest feeding classes
- Information on safe human milk storage

### Who provides lactation support?

You may receive help and guidance with your breast / chest feeding needs from an in-network Registered Nurse (RN) and/or a certified Traditional Health Worker (Birth Doula) who is certified in providing lactation support. This may be a Certified Breastfeeding Specialist (CBS), Certified Lactation Counselor (CLC), or a Certified Lactation Educator (CLE). If you prefer, you can receive these services in your home.

Lactation services that are provided outside of a doctor's office are covered as part of the In Lieu of Services (ILOS) benefit. To learn more about ILOS, please refer to your member handbook.

Learn more about Start Smart for Your Baby®  
[trilliumohp.com/startsmart](http://trilliumohp.com/startsmart)



## 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 ayuda 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.