

Nourished Support

We can help make breastfeeding easier

Mothers@Work®

Mothers at Work®

While breastfeeding is a wonderful bonding experience with many health benefits for you and your baby, it can also be challenging. Whether you're a first-time or experienced mom, it's reassuring to know that board-certified lactation consultants are available to help you through the rough patches, answer questions and address your concerns.

- **SUPPORT:** Our friendly, caring lactation consultants are just a phone call away for one-on-one guidance to help you balance breastfeeding with your work schedule.
- **SOLUTIONS:** You can receive a complimentary kit containing a variety of products and guides to make breastfeeding easier and more rewarding.
- **SERVICES:** In addition to unlimited 24/7 phone access to our lactation consultants, you can receive referrals to local lactation consultants and parenting resources.
- **SAVINGS:** Enjoy discounts on Medela breast pumps. Contact us for pricing and details.

MilkShip

Working mothers who travel can safely ship their breast milk home with an easy to use, secure kit delivered directly to their destination with LifeCare's MilkShip.

[Company Logo]

Wherever you are in life, there's LifeCare
1-800-873-4636

Or log in now at <http://member.lifecare.com>
Registration Code: XXXX