



WorkWell NYC is here to support parents who are breastfeeding or plan to breastfeed, and to make sure you know your rights and take advantage of the **free** resources available to you.

Benefits of Breastfeeding

- Builds your baby’s immune system, reducing the risk of ear and respiratory infections
- Promotes brain development
- Speeds up parent’s recovery from pregnancy and childbirth
- Promotes bonding with your baby



Worksite Resources

- Emblem Health members may receive coverage for the cost of renting or purchasing a breast pump, and for the [Healthy Beginnings](#) program, which provides assistance to expecting members who have experienced pregnancy-related complications or are managing other health conditions.

Call the number on the back of your health insurance card to learn more.

*Employees with other coverage should contact their insurer, or visit nyc.gov/hbp for more information.

Community Resources

- Baby-Friendly designated maternity facilities are compliant with the [10 steps to successful breastfeeding](#), including helping parents’ breastfeed within one hour of birth and allowing parents and infants to remain together 24 hours a day. For a list of designated maternity facilities, visit the [Baby-Friendly USA](#) facility locator.
- The [Mobile Milk Breastfeeding Campaign](#) provides **free** breastfeeding tips and information via text messaging. To sign up, text "MILK" to 877877. Text messages are delivered between 28 weeks of pregnancy and 4 months after giving birth.

GET ACTIVATED!



WORKOUT WITH PARKS!

For the love of running or just moving more, join Parks for a fun 6-week training program designed for City employees. Grab your [water](#) and visit one of five training locations in NYC!

To learn more visit nyc.gov/workwellnyc



join us!



BECOME A WORKWELL NYC WORKPLACE CHAMPION AND HELP YOUR COLLEAGUES GET HEALTHY AND STAY HEALTHY. CLICK [HERE](#) FOR MORE INFORMATION.

To learn more about infant feeding strategies and resources visit [WorkWell NYC](#).

