

# How to Obtain a Free Breast Pump

Members covered by **Optima Health** and who have an obstetrician authorization on file can receive breast pumps, breast pump supplies, and lactation services covered without any member copay or coinsurance under the Women's Preventive Benefit.



The mother can purchase a hand pump or non-hospital grade electric breast pump. Hospital grade pumps can be rented with an authorization. For any additional questions you can contact Optima Health customer service at (757) 552-7110 or (800) 229-1199 for further information.

