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| [Hydrate for your health](https://on.nyc.gov/2Mc2rQd) | |
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| 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. | |
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| 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 | A couple with a baby girl . |
| Worksite Resources   * Emblem Health members may receive coverage for the cost of renting or purchasing a breast pump, and for the [Healthy Beginnings](http://bit.ly/2O6QPLK) 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/](http://on.nyc.gov/2FxPhHg)[hbp](http://www1.nyc.gov/site/olr/health/healthhome.page) for more information. | |
| Worksite Resources   * Baby-Friendly designated maternity facilities are compliant with the [10 steps to successful breastfeeding](http://bit.ly/2Kn6eoG), 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](http://bit.ly/2vcRV1z) facility locator. * The [Mobile Milk Breastfeeding Campaign](https://on.nyc.gov/2M3mqAJ) 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[Run with NYC Parks](https://on.nyc.gov/2zDQb6b) | |
| [Worksite Resources](http://bit.ly/wwnychampion) | |
| To learn more about infant feeding strategies and resources visit [WorkWell NYC](http://on.nyc.gov/2AFumj1). | |
| [Logo](http://on.nyc.gov/2AFumj1)  [www.nyc.gov/workwellnyc](http://on.nyc.gov/2AFumj1) | [workwell@olr.nyc.gov](mailto:workwell@olr.nyc.gov) | |