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| Hydrate for your health |
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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.
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| Get ActivatedRun with NYC Parks |
| Worksite Resources |
| To learn more about infant feeding strategies and resources visit [WorkWell NYC](http://on.nyc.gov/2AFumj1). |
| Logo[www.nyc.gov/workwellnyc](http://on.nyc.gov/2AFumj1) | workwell@olr.nyc.gov |