Virtual Breastfeeding Support

Need help breastfeeding? Use a computer, smartphone or tablet to have a virtual visit with a lactation consultant. Learn the right ways to feed your baby. Get diagnosis, treatment and prescriptions, when needed—without an office visit.

MultiCare offers virtual breastfeeding support to all moms. Learn more at www.multicare.org/pregnancy-breastfeeding-support.

To schedule an appointment, call (253) 403-1681. Health insurance is required.

Don’t have health insurance?

It’s important to get covered while you’re pregnant!

To apply for Apple Health (Medicaid):

1. Gather this information:
   a. Household monthly income.
   b. For each member of your household:
      • Social Security Number.
      • Birth date.
2. Go to www.WAHealthPlanFinder.org.

You can also call (855) 923-4633 to apply, but the process will take longer.

Apple Health has many plans to choose from. They all have the same coverage.

Healthcare providers may not accept all Apple Health plans. You can ask providers which plans they accept.

Your coverage begins the first day of the month you applied. You’ll get a Services Card in the mail in about 2 weeks.

Learn more at www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/pregnant-women.

If you apply after your baby is born, your post-birth care won’t be covered. If you apply within 3 months of your baby’s birth, you could get help with costs related to the birth.

Questions?

Contact the Maternal Child Outreach Team at (253) 649-1404 or text (253) 649-1631.