

# FREE BREAST PUMP



Amēda.

ardo

elvie

cimilre®

Lansinoh

medela

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willow

zomee

We contact your insurance so you don't have to!

## GET YOUR PUMP IN 3 SIMPLE STEPS

1



### You Order

Pick your pump and complete our order form.

2



### You Receive

Congratulations!  
Fast, free shipping.  
It's that simple.

3



### We Verify

We verify your insurance coverage and request a prescription from your doctor.



milkstork®



acelleron®

a health and wellness company

Available as part of your Milk Stork benefit at [milkstork.com](http://milkstork.com) by logging in to your **employee portal**.  
Visit [support.milkstork.com](http://support.milkstork.com) for help.

For questions, call 877-932-6327

Free indicates no out-of-pocket costs with participating in-network.

## UNBOX YOUR PUMP

One of our pump experts will provide a brief overview of your pump with key features and benefits, what it comes with, how to setup and clean it, and give you pumping tips and tricks. Sign up for your free, 30 minute, virtual consultation at [acelleron.com/virtual-consultations](http://acelleron.com/virtual-consultations).

## BREASTFEEDING EDUCATION

It's clinically proven that the breastfeeding experience, success, and health outcomes improve when combined with education. Visit [acelleron.com/bf-edu](http://acelleron.com/bf-edu) and use PROMO code **gD2gYN** to redeem your **FREE Breastfeeding – Before Birth & After** online education class.

## RESOURCES

- [acelleron.com/knowledge](http://acelleron.com/knowledge)
- [acelleron.com/blog](http://acelleron.com/blog)
- [workandpump.com](http://workandpump.com)
- [womenshealth.gov](http://womenshealth.gov)
- [kellymom.com](http://kellymom.com)
- [LLLusa.org](http://LLLusa.org)
- 1-877-4 LA LECHE



## FIND PLACES TO PUMP

- **Pumpspotting** - app available for Apple and Android Moms
- **Pump Here** - app available for Apple and Android

## BREASTMILK STORAGE GUIDELINES

Location	Temperature	Duration
Countertop/Table	Room temperature (60-85oF or 16-29oC)	4 hours optimal. 6-8 hours under very clean conditions
Insulated cooler bag (with ice packs)	Up to 59oF or 15oC	24 hours
Refrigerator	~39.2oF or 4oC	4 days optimal. 5-8 days under very clean conditions
Freezer	< 24.8oF or -4oC	6 months optimal. 12 months acceptable