



Helping moms like you with breastfeeding information and support

We now offer a new value-added service for Aetna Better Health of Texas members. Nest Collaborative is here to help you prepare for breastfeeding. They can also help you with any concerns about breastfeeding.

Their virtual appointments are:

- Easy to use and are by phone or by computer.
- They are available any time and any place.
- Visits are available in English and Spanish.
- And at no cost to you.

They can help with breastfeeding questions like:

- How do I use a breast pump?
- What will happen in the hospital and when I breastfeed at home?
- Do I have enough supply?
- Why are things hurting?

Any question is a good question.

nest
COLLABORATIVE

AetnaBetterHealth.com/Texas

856022-TX-ENSP

 **aetna**[®]

Aetna Better Health[®] of Texas

There are so many breastfeeding benefits for both you and your baby:



It reduces your risk of breast cancer, diabetes and heart disease



It is healthy for your baby



It reduces your baby's risk of obesity and childhood leukemia



It helps you lose baby weight

Two ways to reach Nest Collaborative:

1 | Need help right now?

If you need help now and want to talk, call us at **1-855-274-6222**. Our hours are 9 AM to 4 PM CT.

** You will need to provide:
Your name, Medicaid ID number*

2 | Schedule a time that works for you

Go online to **book.nestcollaborative.com/abh** to sign up for a time.

** You will need to provide:
Your name, Medicaid ID number*

If services are needed in other languages, we'll either match you to a Lactation Consultant who speaks your language or find translation services.

Questions?

Call Member Services at the phone number found on your ID card and we will help you.