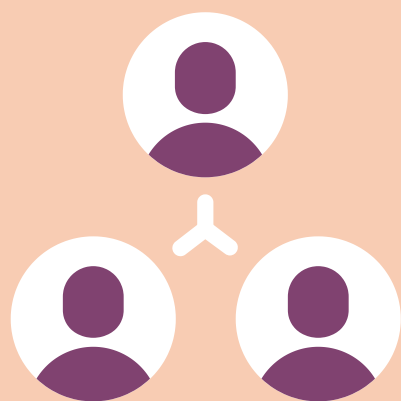


LACTATION BENEFITS FOR **fnbo** EMPLOYEES

1 MOM'S CONNECTION

Come meet other mothers and learn about different topics regarding parenting and breastfeeding such as starting solids and car seat safety. Meet the women of Nurture Omaha who will be your contact for all your lactation benefits.

Groups are held on the first Wednesday of each month on via Zoom, any employees are welcome to join. Find the link below to register for Mom's Connection!



2 BREAST PUMPS

If you carry FNBO's Aetna health insurance plan, many breast pumps are covered through Nurture Omaha. If you have another health insurance email us to see if it is also covered. To order your breast pump to be delivered after 35 weeks, email us at nurtureomaha@gmail.com.

Breast pumps are delivered to your door for no cost. You may order as soon as you are pregnant. Non-Omaha employees are also eligible.



3 BREASTFEEDING EDUCATION

Join us as we lay the foundation for good health and nutrition for you & your growing baby. Learn the basics of breastfeeding including; how to get off to a great start, positioning and latch, and ways to know your baby is hungry and that your baby is getting enough. Get a breastfeeding survival guide for attending and learn about your FNBO exclusive benefits available for breastfeeding help!

Classes are available for you to view at your own convenience, email nurtureomaha@gmail.com to get access!



4 CAR SEAT SAFETY EDUCATION

In our Car Seat Safety course, you will learn everything you need to know about how to keep your children (and yourself!) safe in the car!

Classes are available for you to view at your own convenience, email nurtureomaha@gmail.com to get access!

Private in-person car seat checks are available to FNBO families at a discounted price of \$30! Text or email for more information. Disclose that you are a FNBO employee to receive discount. (Omaha employees only)



5 BREAST PUMP KITS (SYMPHONY)

If you work at FNBO tower, main bank, business park, tech center or 114th there are multi-user hospital-grade breast pumps available for your convenience. No need to bring your personal breast pump from home - leave your pump parts at the location and only have to bring your milk home. Symphony Kits are REQUIRED to make the pumps work.

Kits are available at no cost to you ONLY through Nurture Omaha. Contact us to get your kit before returning to work!



Nurture Omaha is honored to be FNBO's lactation benefits provider. All of the benefits listed are covered through your health insurance plan or through FNBO - who has worked tirelessly to provide these great benefits to you and your family at no cost.



Class sign up - <https://www.signupgenius.com/go/9040F4AAFAA23A1FB6-moms>
Access code: **nurturefnbo**

To utilize these benefits and get introduced to the program, contact Nurture Omaha by texting 402-915-1559 or nurtureomaha@gmail.com.