



## INTEGRIS Health WORKPLACE LACTATION PROGRAM

### INTEGRIS HEALTH SUPPORTS BREASTFEEDING MOTHERS

**INTEGRIS Health offers a program to help ease the transition back to work for our new mothers. We value our working mothers and their families, and we are committed to making their transition back to work easier.**

**Many mothers plan to continue breastfeeding their infants. However, due to the challenge of balancing work and breastfeeding, many decide to forego breastfeeding within three months. INTEGRIS recognizes the difficulty of being a working mother, and through the Workplace Lactation program, we address key elements for a successful return back to work.**

#### **SUPPORT**

Each participant receives on-going consultation from INTEGRIS lactation consultants. Prenatal classes addressing both pre and postnatal instruction are available at no cost to the employee. When a mother returns to work it is essential she is given the needed support to continue breastfeeding. At select locations, monthly group meetings are held for employees before and after the delivery of their babies, with topics including returning to work, relaxation and breathing techniques while pumping.

Breastfeeding support is available 24 hours a day from the Oklahoma State Department of Health toll free at

**877-271-6455**, or at

**[www.health.ok.gov/program/breastfeeding](http://www.health.ok.gov/program/breastfeeding)**

Based on your location, additional support may include:

- Dual electric breast pump
- Breast pump tubing and supplies
- Mother's rooms located at INTEGRIS Baptist and INTEGRIS Southwest Medical Centers
- Prenatal breastfeeding outreach and education
- Maternity leave outreach
- Return-to-work consultation
- At-work support
- Privacy signage



## SPACE

Providing dedicated private space is an important component in supporting mothers and maintaining their breast milk supply. Private dedicated pumping space is available to employees at all INTEGRIS facilities. INTEGRIS may also provide access to freestanding breast pumps, portable pumps and /or pump supplies depending on your facility. Please contact your local human resources office for specific space and equipment provided at your facility.

## TIME

To continue breastfeeding successfully, mothers must have flexible work arrangements. Lactation support staff works with new mothers to ensure the needs of the department and employee are met. Each mother receives individual consultation to address her unique situation.

If you would like more information about the INTEGRIS Health Workplace Lactation program or to find the lactation consultant in your area, please call HR Customer Service toll free at 888-546-8347 or in the metro at 405-949-4045. You may also visit your local human resources office for more information about the Workplace Lactation program.



**INTEGRIS**  
*Health Essentials*  
EMPLOYEE WELLNESS PROGRAM

405-949-4045

888-546-8347

HR*anytime*