



Insurance

There is a cost for a visit with our Breastfeeding Champions, which may be covered by your health insurance.

Contact your health insurance provider and refer to diagnosis code **Z39.1** (*Encounter for care and examination of lactating mother*) to verify your policy's coverage amount.



**PRIMARY CARE
ASSOCIATES
of Appleton, LTD**

BREASTFEEDING CHAMPIONS
Breastfeeding Support

Meet Your Champions

(pictured from top left to bottom right)

Sarah W., CMA

Deann C., LPN

Jessica Johnston-Rickert, MD

Beth U., RN

Jenn W., LPN

Jenny B., LPN

Lonna S., CMA *(not pictured)*

CONTACT US

Main Number
(920) 996-1000

Appointment Desk
(920) 996-1060

Billing
(920) 996-1055

Address
3916 N. Intertech Court
Appleton, WI 54913

www.primarycareofappleton.com



About

Breast feeding is a new experience for both mother and child, and sometimes one or both of you may need a little help to get the hang of it. The Breastfeeding Champions at Primary Care Associates of Appleton offer support by providing breastfeeding education and assistance, both before and after delivery. The Breastfeeding Champions work as part of your healthcare team, communicating with your baby's physician or with the mother's physician, when appropriate, so that you are provided with consistent advice. Our staff are experienced and compassionate, and have participated in continuing education to empower you with the best chance of success in your breastfeeding journey.



We Offer Assistance With:

General breastfeeding tips

Evaluate latch & positioning

Infant weight checks

Tips for returning to work

Breast pump use & troubleshooting

Answers to your breastfeeding questions

Other Breastfeeding Resources

Academy of Breastfeeding Medicine
www.bfmed.org

CDC Breastfeeding Information
www.cdc.gov/breastfeeding

La Leche League International
www.llli.org

Office on Women's Health
www.womenshealth.gov/breastfeeding

Breastfeeding Alliance of Northeast Wisconsin
www.bfanwi.org

KellyMom.com
www.kellymom.com/category/bf

WI Dept of Health Services
www.dhs.wisconsin.gov/nutrition/breastfeeding

LactMed
<https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>