

Lactation Support Services

Through Qualcomm's Premier Plans, Scripps is here to support your breastfeeding journey with tools and services to help both mother and baby.

1:1 On-Campus Lactation Support

These one-hour sessions with a Scripps lactation specialist are designed to assist mothers and their babies with various types of breastfeeding issues. Appointments are required and are available the 4th Thursday of every month at the Qualcomm Health Center's building S location. Please call 858-626-4538 and identify as a Qualcomm Premier Plan member to schedule. Appointments must be scheduled by 3 p.m. the day prior to Thursday's onsite. Partners are welcome to attend the appointment, however we ask that children other than baby not attend.

If you are unable to attend a 1:1 session onsite at Qualcomm or if you need additional lactation support, please consider these additional resources offered by Scripps:

Telephone Helplines

All Scripps patients have access to lactation specialists located at Scripps hospitals for non-emergency questions. In most cases, calls will be returned within 24 hours.

Scripps Memorial Hospital Encinitas: 760-633-7850
Scripps Memorial Hospital La Jolla: 858-626-4538
Scripps Mercy Hospital Chula Vista (English/Spanish): 619-691-7212

Virtual Breastfeeding Support Group*

Join other nursing mothers for an informal discussion about breastfeeding and learn tips and practical advice from a Scripps lactation consultant. The group meets weekly on Fridays from 1–2 p.m. Contact the Premier Plan concierge to register at 844-884-7266 (844-884-QCOM) or qualcomm.service@scrippshealth.org. An email confirmation will be sent with instructions and a link for the meeting. Registration is required.



Breastfeeding Webinar*

Taught by a lactation educator, the webinar discusses the benefits of breastfeeding and separates facts from fallacies to provide information on getting started and to help ensure a positive experience. Information on breast milk collection and storage, returning to work and breast pumping is presented. The webinar is intended for pregnant mothers after approximately 32 weeks. \$25 fee** and registration are required. Contact the Premier Plan concierge to register at 844-884-7266 (844-884-QCOM) or qualcomm.service@scrippshealth.org.

Breastfeeding Supplies

The concierge team is available to coordinate with a member's provider to obtain a breast pump order and work with an in-network vendor to have the equipment delivered. Members can request a breast pump 30 days prior to their delivery date. Additional supplies are available at the Scripps Mother's Boutique located at Scripps Memorial Hospital La Jolla, 9888 Genesee Avenue, La Jolla, CA 92037. Hours are Monday - Friday 9 a.m.–3 p.m. and Saturday 9 a.m.–1 p.m.

**Eligible for Qualcomm's Live+Well Wellbeing health activity incentive of \$150. Must complete within the 2022 incentive program year ending August 31, 2022. Visit go/myHR for details.*

***Qualcomm will reimburse for the class fee (grossed up for taxes) via PayIt! at go/PayIt. Be sure to attach receipt/payment confirmation from US Bank confirming class fee payment.*

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