You have received a Superbill that you can send to your insurance company for reimbursement. As a part of the Affordable Care Act, you have the right to be reimbursed for my services. If you have Medicare, you might not have these benefits, but it is always worth sending the completed form to your health insurance and hope they have added this benefit or the law has changed to include all health insurance.

First complete the insurance information at the top of the form, sign and date near the bottom. That enables the insurance company to communicate with me for any needed clarification.

Many insurance companies, most really, are covering pumps easily to the benefit of the pump companies, though not all the pumps are of equal effectiveness. They have a poorer record covering the breastfeeding counseling services part of the required coverage. Jennie Bever Babendure, PhD, IBCLC, one of the good people at bestforbabes.org has explained it better than I can. Here is the link:

<http://www.bestforbabes.org/insurers-not-allowed-deny-coverage-breastfeeding-mothers/>

On that site are links to the Dept. of Labor FAQs that also state the rules for insurers.

<http://www.dol.gov/ebsa/faqs/faq-aca29.html>

Questions 1-6 pertain to breastfeeding support. There are a lot of complicated words, but the answers are there.

**\*\* Please do not let your insurer get away with not covering the services you have requested from me. You may need to speak to a supervisor and call a few times. Be a squeaky wheel. Not only will it help you, but all the new parents after you\*\***

By all means follow all the excellent steps listed on the bestforbabes.org website:

Report to the National Women’s Health Center: <http://action.nwlc.org/site/PageServer?pagename=coverher>

Their Tool Kit is a very thorough document with facts and sample letters: final\_nwlcbreasfeedingtoolkit2014\_edit.pdf that offers you information and support.

Hopefully very soon this health insurance benefit under preventive care will be easily reimbursed. In the meantime, the above gives you tools to help you get the coverage you have a right to claim.