

*Aeroflow*  *Breastpumps*

Motherhood Through Insurance

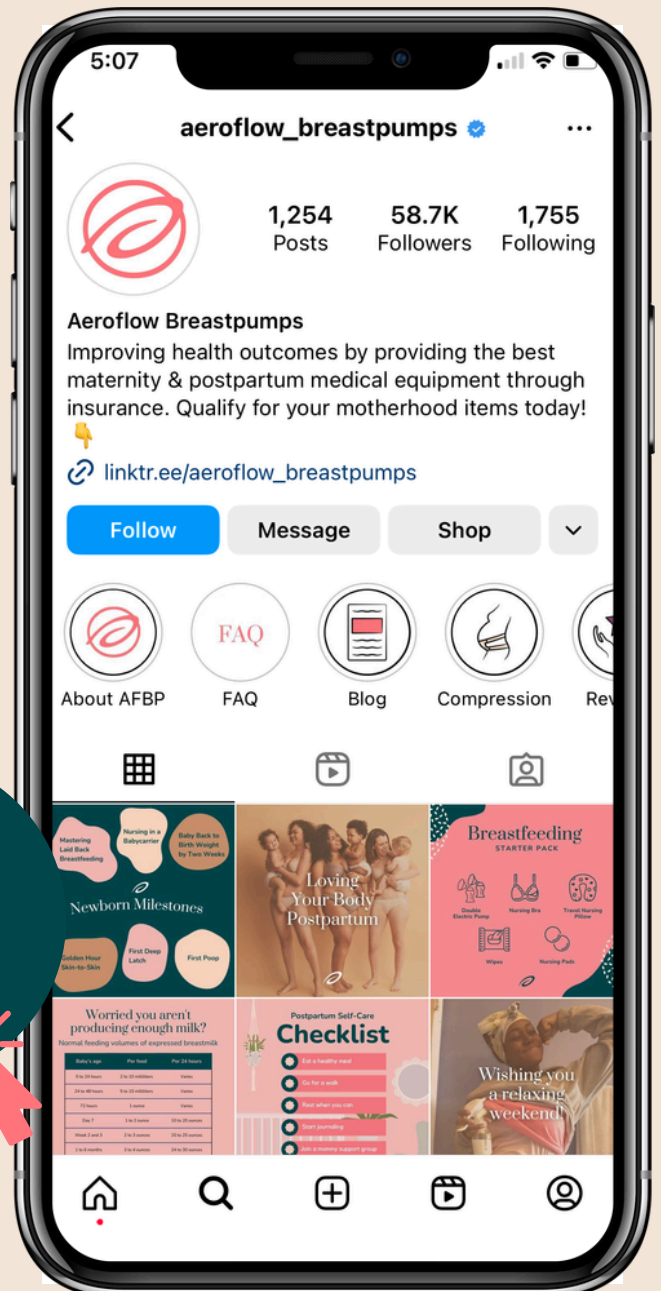
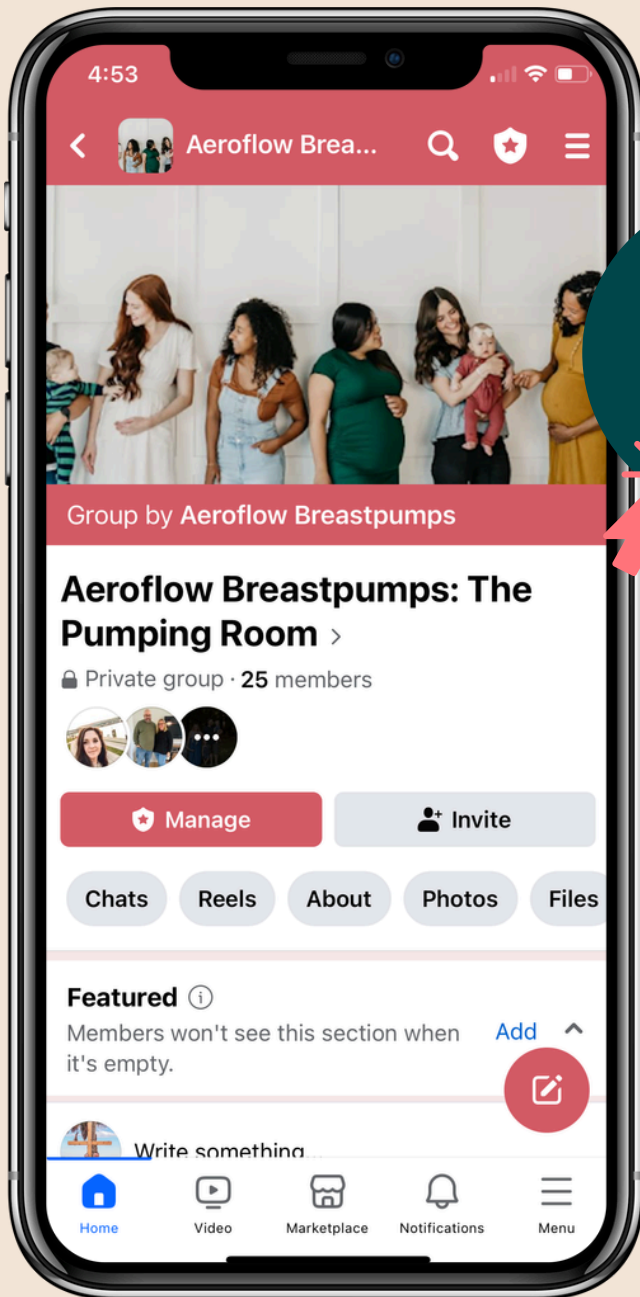
# THE BRAIN-BOOB CONNECTION

## Resource Guide

Did you enjoy class?

Click here to send your feedback: [Aeroflow Class Survey](#).

# Join Our Aeroflow Online Community



# From Aeroflow Mom & Baby...

## Online Live Classes

All classes are covered by insurance

Classes for everyone...

- Ultimate Breastfeeding Prep
- Navigating Maternity Leave
- How to Find a Pump You LOVE
- How to Fit Your Flange
- Pumping 101
- Birth & Breastfeeding (2-part series)
- Babycare for the Breastfed Baby
- Sleep for the Breastfed Baby
- Sleep Q&A
- The Brain-Boob Connection
- Babywearing & Breastfeeding
- Solid Foods for the Breastfed Baby
- Lactation Q&A
- It Takes a Village
- Obstacles in Breastfeeding

Specialty Classes...

- Ultimate Multiples Prep
- What is a Tongue Tie?

Sign Up for More Classes



## Support Groups

- Free Weekly Moms Circle
- Mondays at 3PM - 4PM EST
- For prenatal & postpartum moms
- Drop-in, no registration needed
- [Zoom Link](#)

## Mental Health App

- From Canopie Mental Health, the experts in perinatal wellness
- [www.canopie.app](http://www.canopie.app) or search "Canopie App" on the app store
- Free download access code for Aeroflow patients: **AERO22**

## Breast Pumps & More

- Your insurance may cover:
  - breast pumps
  - milk storage bags
  - resupply products
  - compression socks for pregnancy swelling
- Sign up [here](#) for breastfeeding products!

## Recorded Webinars

- [Lactation Link webinars](#) include
  - Breastfeeding Basics
  - Breastfeeding Hurdles and How To's
  - Pumping & Storing Breastmilk
- Watch recorded webinars anytime
- Cash pay (no insurance coverage)

## Lactation & Birth Prep Appointments

Help is on the way!

Virtual and home visits: Click [HERE](#).

Click for  
Provider  
Directory

# Maternal Mental Health Support

at your fingertips

You have free access to the Canopie App (a \$48 value).

Canopie was created to address symptoms of maternal anxiety and depression by offering personalized, evidence-based therapeutic techniques that can help build resilience, improve wellbeing and soothe anxious minds. (And it works with a busy schedule, since sessions are all under 5 minutes).

Within the app you'll find sections that cover common challenges, like bonding, managing relationships, breastfeeding, feeling low, guilty, self-criticism and loss of identity. You'll also hear stories from other parents sharing their experiences about the challenges they've faced along their journey.

Visit [www.canopie.app](http://www.canopie.app) or search for "Canopie App" on the app store and enter access code **AERO22** when prompted.

## Talk Therapy & Support Groups

The Brain-Boob Connection

### Free Weekly Support Group

- Mondays at 3PM - 4PM EST
- Join us whether pregnant or postpartum to discuss all things baby prep, motherhood, mental health, breastfeeding and more!
- [Zoom Link](#)

If you would like to schedule an appointment with a provider who specializes in maternal mental health, Aeroflow has a few providers on staff to support you or visit website below for additional provider support in your area - <https://www.postpartum.net/get-help/provider-directory/>

# Your Breastfeeding Goals

## The Brain-Boob Connection

### MY BREASTFEEDING GOAL

*For example, you may want to write: I want to nurse for 6 months exclusively.*

---

---

---

---

---

---

---

---

### THE MOTIVATION FOR MY GOAL. WHY DO YOU WANT TO ACHIEVE THIS?

*For example: For baby's health and for bonding.*

---

---

---

---

---

---

---

---

# Exercises

## The Brain-Boob Connection

### Long-Out Breaths

- In two three, out two three, in two three four, out two three four, in two three four five, out two three four five, pause.
- Try to allow that natural rhythm of breathing deeper and slower just flow through you.
- Try it on your own up to five counts right now.
- Each time you breathe out, try to focus on the sensation of your body and your mind slowing down. If it doesn't slow down, that's okay - just keep trying long breaths in and long breaths out.
- Take breaks as you need to.
- A few more breaths. Good.
- Try to notice with each slowing of the out-breath the sense of the body slowing down, while staying in an alert posture. In your body, feel the sensation of becoming more settled and still.

### Warm Tone of Voice

- Allow your breath to slow, to settle, and try 10 seconds of neutral face and neutral voice tone. On the out-breath, say "hello" to yourself.
- If my name is Anna and I say hello in a neutral way, I would say, "Hello, Anna."
- If I said it in a friendly way, I would say, "Hello, Anna!!" with real joy and real friendliness in my tone.
- Try 10 seconds with a neutral face and a neutral tone of voice on the out breath saying hello to yourself and naming yourself. Breath in and out.
- Now try a friendly facial expression and friendly tone of voice.
- Now back to neutral.
- And finally back to friendly.
- Reflect on what you have experienced.
- Remember, soothing ourselves and soothing our babies can look very similar!



# Exercises

## The Brain-Boob Connection

### Feeling Heavy

- Start by taking a few deep breaths. You'll be repeating a few sets of phrases.
- Silently say to yourself, "My right arm is heavy."
- Repeat each phrase 4 times before moving to the next, closing your eyes when you say the phrase.
- Your pace should be slow and relaxed.
- Before you begin, experiment with what it feels like to take 5 seconds to say "My right arm is heavy."
- Plan to pause for 3 seconds between each statement. This should take about 15 mins.

### Set 1: Heavy

- My right arm is heavy.
- My left arm is heavy.
- Both of my arms are heavy.
- My right leg is heavy.
- My left leg is heavy.
- Both of my legs are heavy.
- My arms and my legs are heavy.

### Set 2: Warmth

- My right arm is warm.
- My left arm is warm.
- Both of my arms are warm.
- My right leg is warm.
- My left leg is warm.
- Both of my legs are warm.
- My arms and my legs are warm.

### Set 3: Calm Heart

- My arms are heavy and warm.
- My legs are heavy and warm.
- My arms and legs are heavy and warm.
- I feel calm.
- My heart feels warm and pleasant.
- My heartbeat is calm and regular.

### Set 4: Breathing

- My arms are heavy and warm.
- My legs are heavy and warm.
- My arms and legs are heavy and warm.
- I feel calm.
- My heartbeat is calm and regular.
- My breathing calms me.



# Exercises

## The Brain-Boob Connection

### Set 5: Stomach

- My arms are heavy and warm.
- My legs are heavy and warm.
- My arms and legs are heavy and warm.
- I feel calm.
- My heart feels calm and regular.
- My breathing calms me.
- My stomach is soft and warm.

### Set 6: Cool Forehead

- My arms are heavy and warm.
- My legs are heavy and warm.
- My arms and legs are heavy and warm.
- I feel calm.
- My heartbeat is calm and regular.
- My breathing calms me.
- My stomach is soft and warm.
- My forehead is cool.

## Feeding & Wellness Plans:

Building a supportive space, self-care regimen, and network

### YOUR ENVIRONMENT

Where will you sit?

---

---

---

---

What supplies do you need?

(Burp cloth, pillows, place to have water...)

---

---

---

---



# Feeding & Wellness Plans:

Building a supportive space, self-care regimen, and network

## SELF CARE

- Identify your emotional support person*  
(someone who you can reach out to if you need to discuss how you are feeling)

---

- Plan a food system during your postpartum recovery*

---

---

- Movement*  
(plan to move your body with gentle stretches and walks)

---

- Know what helps you relax*

---

---

- Set sleep expectations based on baby's needs combined with yours*

## Questions to Ask Your Support People

The Brain-Boob Connection

- *Can they change the baby and bring him or her to you to nurse?*
- *Can they bring you water or food when you sit down without you having to ask?*
- *Can they hold the baby while you nap or take a break to take care of yourself?*
- *Can they take baby on a walk while you pump?*
- *Can you agree on visitors and can they facilitate conversations with those who want to visit and make sure it's on your preferred schedule?*
- *Can they help with laundry, cleaning and shopping?*

# Types of Perinatal Mood Disorders

## and what to look out for

**Postpartum Depression is NOT the fault of the mother and can be treated effectively.  
Reaching out for help is essential to helping mom and baby thrive.**

### **BABY BLUES 60-80%**

- Starts about 2-3 days postpartum and lasts up to 2 weeks
- Difficulty sleeping; exhausted
- Anxiety
- Crying easily
- Mood swings

### **DEPRESSION 15-20%**

- Sadness
- Mood swings
- Insomnia
- Irritability
- Hopelessness/Worthlessness
- Crying spells
- More severe (suicidal thoughts and unable to care for newborn)
- Possible thoughts of harming the baby or yourself
- Postpartum Depression can start shortly before birth or any time up to 12 months after birth

### **ANXIETY/PANIC 10-15%**

- Excessive worry often about one's health or baby's health
- Agitation/Irritability
- Restlessness, inability to sit still, feeling on edge
- Easily fatigued, difficulty falling/staying asleep
- Increased somatic symptoms: muscle tension, palpitations, racing heartbeat, SOB, GI distress

### **OBSESSIVE COMPULSIVE DISORDER 9%**

- Recurrent/persistent thoughts, impulses that are intrusive and unwanted that cause marked anxiety/distress
- Behaviors/mental acts are aimed at preventing/reducing anxiety or distress

### **POST-TRAUMATIC STRESS DISORDER 1-6%**

- A mental condition that's triggered by a terrifying event.

# Types of Perinatal Mood Disorders

## and what to look out for

### POST-TRAUMATIC STRESS DISORDER 1-6%

- Symptoms may include flashbacks, nightmares, and severe anxiety that last for more than one month after the event. Acute trauma resolves within a month. Some examples of trauma in the birthing world are vacuum assisted vaginal birth, emergency cesarean section, severe pre-eclampsia, shoulder dystocia, unexpected NICU admission, failed pain medication or poor response to anesthesia

### BIPOLAR

- A disorder associated with episodes of mood swings ranging from depressive lows to manic highs.
- Although the specific origin of bipolar disorder is unknown, genetics, environment, and changes in brain structure and chemistry may play a role.

### PSYCHOSIS 1-2:1,000

- A rare illness, compared to the rates of postpartum depression or anxiety. It occurs in 1-2% of births.
- The onset is usually sudden, most often within the first two weeks postpartum.
- Research shows that there is approximately a 5% suicide rate and a 4% infanticide rate associated to the illness.

### PMAD & FAMILIES 10%

- The risk of the father having depression is increased when the mother is struggling with PPD; father's can experience:
  - Feelings of sadness or worry
  - Not being able to enjoy activities that are usually pleasurable
  - Becoming socially withdrawn
  - Changes in sleep, energy level, and appetite
- Both parents experiencing depression can increase the detrimental consequences of depression on children

### PERINATAL MOOD & ANXIETY DISORDERS RISK FACTORS:

- History of psychiatric illness
- History of depression
- Family history of thyroid problems
- Premenstrual Dysphoric Disorder
- Marital dissatisfaction
- Financial stress
- Being over 40
- Lack of social support
- Medical issues in pregnancy
- Teen parent
- Premature infant/NICU
- Childcare stress

# Screening

## The Brain-Boob Connection

### EDINBURGH POSTNATAL DEPRESSION SCALE

- Many lactation consultants and all of them at Lactation Link offer the Edinburgh Postnatal Depression Scale as part of your initial appointment.
  - It provides screening with proper follow-up and treatment including referring patients to mental health providers.
  - If it is suggested that you see a mental health provider, please do that. This screening monitors early warning signs, and help is available.

## Resources to Keep on Hand

(urgent support)

- Maternal Mental Health Hotline: Call or text 1-833-9-HELP4MOMS (1-833-943-5746).
- Postpartum Support International Call or Text Helpline: 800-944-4773(4PPD)
- Postpartum Support International Website: <https://www.postpartum.net/get-help/provider-directory/>
- National Suicide Prevention Lifeline: 1-800-273-8255

#### **Mindfulness Techniques**

- To further explore the Mindfulness Technique we practiced in class, please use this video for reference.

■◀ [Mindfulness Exercises](#)

# Postpartum Depression

can impact the entire household



- Can create family conflict
- Inhibit good mother-baby attachment
- Can result in discontinuation of breastfeeding
- Can have a negative impact on newborn growth and brain development
- The risk of the father having depression is increased when the mother is struggling with PPD
- Both parents experiencing depression can increase the detrimental consequences of depression on children
- Infants born to depressive moms have lower levels of engagement and eye contact with their mothers, putting them at risk for malnutrition, problems with attachment, developmental delays
- Undiagnosed bipolar can have a higher risk of having an occurrence of depression, mania, or psychosis post birth. The family should be educated on what to look out for and are told to promptly notify their mental health provider.

# FAQs

## The Brain-Boob Connection

### **CAN I CONTINUE TO BREASTFEED IF I AM TAKING MEDICINE, OR SHOULD I QUIT BREASTFEEDING OR “PUMP AND DUMP” MY SUPPLY?**

- Many drugs are safe to take while breastfeeding. To some extent, all antidepressants can be found in human milk.
- Caution should be used before making the decision to discontinue breastfeeding.
- You can take your medication shortly after you breastfeed your baby, which can reduce infant exposure according to breastfeeding pharmacokinetic data.
- Carefully review these three considerations with your provider:
  - The medication’s benefits to your mental and physical health
  - The medication’s risk to the baby
  - The medication’s risk to your milk supply
- If you were previously treated for depression and the medication worked well for you, then that needs to be considered in your decision.

### **DOES BREASTFEEDING HELP OR HARM MOOD DISORDERS?**

- Breastfeeding helps the mother bond with the infant and boosts the mood according to some mothers who have suffered from depression.
- The hormone, Prolactin, aids in the production of milk and stimulates deep sleep. As a result, research shows that exclusively breastfeeding can improve mother’s sleep

### **RESOURCE FOR MEDICATIONS AND BREASTFEEDING**

- LactMed: <https://www.ncbi.nlm.nih.gov/books/NBK501922/>

# Insurance Billing Information

Online live classes and appointments with Aeroflow consultants are billed to your insurance under your insurance policy's preventive benefit.

Claims to your insurance may be under the following names:

- Aeroflow Inc
- Aeroflow Connect LLC
- Lactation Link
- HerSource Health
- Your provider's / teacher's name

Coverage

Costs should be covered at 100% through the Affordable Care Act (ACA) which mandates that preventive women's health services including lactation and nutrition services are paid for by insurance companies without cost-sharing to the patient. This means no copay or other charges should be passed on to you.

The Billing Process

Most of our claims to your insurance will pay on the first submission. Occasionally, there is a denial on the claim. You don't need to do anything when you notice that this happens. Our billing experts will work to get the claim processed and paid correctly.

Statements from Your Insurance Company

You may receive a statement from your insurance company through the mail or in your insurance portal. The statements from insurance are not bills. The insurance company cannot bill you on behalf of Aeroflow.

Bills from Aeroflow

It is unlikely that Aeroflow would invoice you for healthcare services, but there are specific reasons why this might happen.

Here are reasons you might get a bill from Aeroflow:

- **Your insurance company could send you a payment instead of sending it to us.** If you received a check from your insurance company, make a payment to "Aeroflow" in the amount of the check you received. Mail to Aeroflow Healthcare, 3165 Sweeten Creek Road, Asheville NC 28803 and enclose, your name, phone and email address in the envelop.
- **Your insurance coverage was not active** on the date you attended a class or an individual appointment, so your insurance didn't pay us and now there is a balance due on your account.
- **Your insurance company believes it is not your primary medical policy.** If you get an insurance denial but the policy is your primary policy, call the number on the back of your insurance card to request a "coordination of benefits" (COB) update. When doing a COB update with insurance, you will explain that the policy is primary and the rep will ask you specific questions. If they agree that it is primary, contact our billing department so we can rebill your claim.
- **You were not in attendance for a scheduled individual appointment and did not cancel at least 24 hours prior to your appointment time.**

If you disagree with with an invoice you receive from Aeroflow, call the number on your Aeroflow bill so that we can help you.

Lactation Billing Team Contact Information

Email: [lactationbilling@aeroflowbreastpumps.com](mailto:lactationbilling@aeroflowbreastpumps.com)

Phone: 866.565.0956

# *Aeroflow* *Breastpumps*

Motherhood Through Insurance



[AeroflowBreastpumps.com](https://www.aeroflowbreastpumps.com)