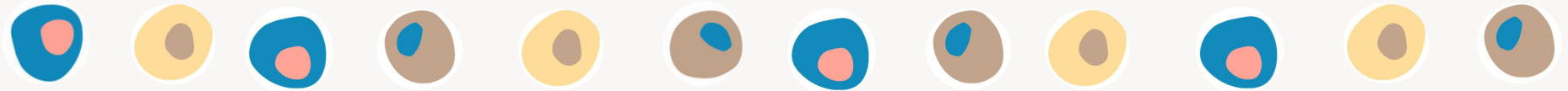


nest

COLLABORATIVE

Bringing Innovation to the Lactation Journey



Rack Card: Prenatal or Postpartum

To be included in mom's first well visit folder or at any point during her feeding journey. Also available in Spanish, if desired.

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COLLABORATIVE
Virtual Breastfeeding Consults

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COLLABORATIVE
Virtual Breastfeeding Consults

Your Breastfeeding Journey. Our Support.

Our virtual lactation consultants are available for same day appointments for every question, issue, and concern. We're covered by most insurances 100% with no co-pay.

Book Online Now

www.nestcollaborative.com

Feeding Journey. Support.

Virtual lactation consultants are available for same day appointments for every question, issue, and concern. We're covered by most insurances 100% with no co-pay.

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Did you know... Breastfeeding can help?

- Reduce baby's risk for childhood leukemia by 20%.
- Reduce baby's risk for obesity by 22%.
- Reduce mom's risk for breast cancer by 28%.
- Reduce mom's risk for ovarian cancer by up to 34%.
- Reduce mom's risk for diabetes by 25%.
- Reduce mom's risk for heart disease by 13%.

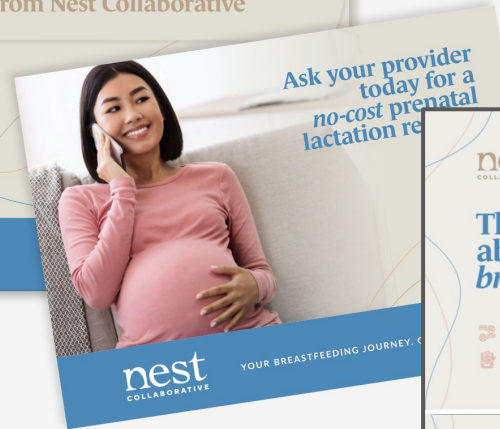
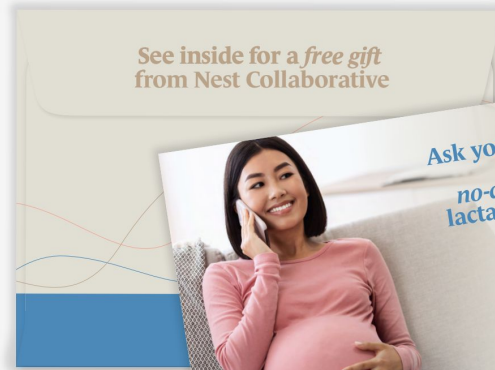
Include Nest Collaborative in Your Prenatal Planning

- Get support from International Board Certified Lactation Consultants (IBCLCs).
- Immediate and same-day appointments.
- Virtual (online) appointments from the comfort of your own home.
- 6 sessions covered by most insurances at 100% (no co-pay).
- Expert advice available before and after baby arrives, and for return-to-work planning, weaning, and everything in-between.

**Schedule Your 32+ Weeks
Lactation Consultation Visit Now**

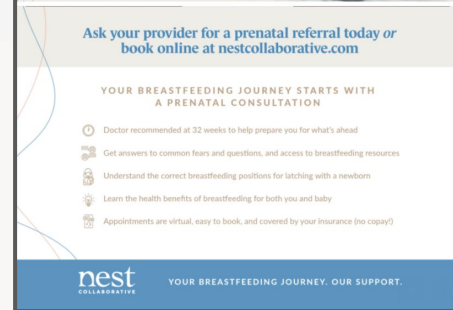
32 Week Pack

To be given to parent (ideally placed on chair in the exam room) at her 32 week visit. Pack includes envelope, breast milk storage magnet and postcard with more information about Nest.



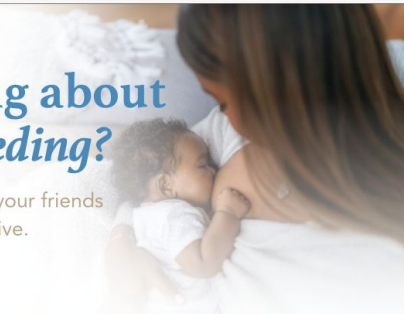
Breast Milk Storage GUIDELINES	
Freshly Expressed Milk	
Warm room (80-90°F)	3-4 hours
Room temperature (61-79°F)	4-8 hours
Insulated with cooler/ice packs	24 hours
Refrigerated Milk	
Refrigerator (freshly expressed milk)	3-8 days
Refrigerator (thawed milk)	24 hours
Frozen Milk	
Freezer compartment (inside refrigerator)	2 weeks
Self-contained freezer unit of refrigerator/freezer	6 months
Separate deep freezer	12 months

nest COLLABORATIVE Your Breastfeeding Journey. Our Support. Book Now at www.nestcollaborative.com



Posters

To be hung up in exam rooms in each office



**Thinking about
breastfeeding?**

Get support from your friends
at Nest Collaborative.

YOUR BREASTFEEDING JOURNEY STARTS
WITH A PRENATAL CONSULTATION

- 🕒 Doctor recommended at 32 weeks to help prepare you for what's ahead
- 🗣️ Get answers to common fears and questions, and access to breastfeeding resources
- 👶 Understand the correct breastfeeding positions for latching with a newborn
- 💡 Learn the health benefits of breastfeeding for both you and baby
- 📅 Appointments are virtual, easy to book, and covered by your insurance (no copay!)

**Ask your provider for a prenatal referral today
or book online at www.nestcollaborative.com**

nest
COLLABORATIVE *Your Breastfeeding Journey. Our Support.*

Postpartum One-Pagers

Provided to you digitally for printing in your offices as needed.

Customized with your custom booking link and QR code so patients can easily scan to book an appointment on their phones.

HOW TO GET HELP WITH BREASTFEEDING



Now that you're home with baby, how do you get help with breastfeeding? Nest Collaborative is here to support you!

Nest Collaborative is a collection of International Board-Certified Lactation Consultants® who are experts in human lactation. We conduct online, video appointments to help guide parents through the breastfeeding process.

And the best part? Most health plans will cover these appointments at 100% – with no out of pocket cost to you.

How can I reach my breastfeeding goals?

On-Demand Virtual Appointments | Support in 8+ Languages | The most diverse set of board-certified experts available | 100% covered by MOST health plans + Medicaid

Ready to get expert breastfeeding support? It's as easy as:

- 1**

Schedule an appointment
When booking, select your preferred date and time. You will receive an email confirmation and an invitation to complete your registration and intake forms.
- 2**

Prepare for your call
Our team will confirm your insurance information. All you have to do is find a private, well-lit, and comfortable space with a good WiFi connection.
- 3**

Create a plan with your consultant
We will address the concerns you identify as most important and create a plan that works for you. We'll collaborate with your primary care team to keep everyone in the loop.

[Schedule your appointment today:](#)



How to Order

To place the initial order:

- Send an email to as@nestcollaborative.com
- Include your practice name so that we can reference the shipping address
- Include the number of each material type needed
 - # Posters for treatment & waiting rooms
 - # Rack Cards English/Spanish
 - # 32 Week Packs
 - # Postpartum 1-pagers English/Spanish
- We will then ship the order directly to your practice location