

## Introduction

In partnership with University Medical Center’s (UMC) Lactation Services, UA Life & Work Connections (LWC), a unit of Human Resources, is pleased to announce the newest addition to its family-centered Lactation Support Program, “Mommy Connections.” We thank you for your interest and invite you to familiarize yourself with the following guidelines.

## Program Guidelines

### 1. Purpose of the Program

This UA Life & Work Connections program is designed to address a number of salient issues for The University of Arizona campus community in the greater Tucson area. This innovative collaboration supports our campus community specific to:

- work/life issues for a diverse and multi-generational workforce and student population;
- recruitment and retention efforts for returning women by minimizing barriers for mothers who provide breast milk for their babies;
- improved health, well-being and resiliency of University of Arizona families; and
- Healthy Arizona 2010, a State of Arizona health initiative designed to increase the number of infants receiving breast milk, as well as the length of time breast milk is being provided.

### 2. Target Audience and Contributing Partners

Serving University of Arizona faculty, staff and students, this Program is designed to assist and support mothers returning to campus responsibilities who wish to provide breast milk for their infants. UA Life & Work Connections gratefully acknowledges contributions from UMC and the Commission on the Status of Women (CSW) in supporting this unique and innovative partnership. With assistance from CSW’s Mini Grant Program, funding has been secured to offer a one-time discount off the purchase price of a personal-grade breast pump or to subsidize the first month’s rental of a personal-grade breast pump from UMC, on a first come, first served basis. Program is contingent upon available funding.

### 3. Accessing Program Services for University of Arizona Employees and Students

All requests for “Mommy Connections” services may be directed to UA Life & Work Connections’ Lactation Support area:

- by email (preferred request method) to [rowana@email.arizona.edu](mailto:rowana@email.arizona.edu); please insert “Lactation Support: Mommy Connections” in the subject heading, or
- by telephone to (520) 621-4365, if email account access is limited.

Students are asked to direct their Program requests through email using their assigned University account. Information regarding our full range of work/life services may be found at <http://lifework.arizona.edu>.

To expedite service, all individuals are asked to provide the following information:

- Your first and last name
- Daytime phone number(s)
- Your status as either an employee, student, or both
- For employees, your campus mailing address
- For students, the residential address on file at the University
- Your expected date to purchase the pump or begin the Program rental process
- How you learned about the Program
- Additional comments you may wish to share regarding your request

Upon verification of your information by LWC, you will receive a coupon (employees via campus mail, students via residential address) identifying yourself as a Program user, along with a [flyer](#) describing contact, operational, parking and coupon submittal information for UMC Lactation Services.

Employees and students will receive a one-time \$25.00 discount coupon to be applied toward the purchase price or first month rental cost of \$35.00. Rental users pay \$10.00 towards the process, and individuals may ask LWC about scholarship opportunities based upon one's financial ability to pay. At the end of the first month, individuals may continue their pump rental through UMC's Lactation Services. A refundable, \$20.00 deposit to UMC is required at the time of rental, and users need to complete and submit related program documents to UMC to activate the service. For hygiene and safety reasons, users will also need to purchase a personal-use breastpump kit.

#### 4. Additional UA Life & Work Connections Programs for Consideration

An extension of LWC's Lactation Support services, "Mommy Connections" serves as a natural complement to current employee and student offerings that include lactation guidelines, strategies and resources; frequently asked questions and an opportunity to request a personal consultation with a board certified and registered lactation consultant. For the latter, consultative assistance is offered regarding breastfeeding education, supportive materials and useful planning tips.

Please visit <http://lifework.arizona.edu> or call 621-4365 to learn more about this program and how to access services, or to request information about our five program components: Child Care and Family Resources, Elder Care and Life Cycle Resources, Employee Assistance Counseling/Consultation, Work/Life Support and Worksite Wellness. To learn more about UMC's range of family friendly programs, please visit <http://www.umcarizona.org/UMC/default.cfm>

### Important Program References

UA Life & Work Connections

<http://lifework.arizona.edu>

Human Resources

<http://www.hr.arizona.edu>

Commission on the Status of Women

<http://csw.arizona.edu>

University Medical Center, specify "Lactation Services"

<http://www.umcarizona.org>