

# Hello, Mama!

Aspirus Wausau Hospital added two additional spaces for employees to pump during the work day. All spaces provide a private space for mothers to pump, using their own personal breast pump and pumping supplies.

## Mamava Lactation Pods

Two Mamava Lactation pods have been added. The pods are freestanding, mobile suites for mothers to pump or breastfeed while at work. Visitors can also use, but primary use is for employees.

### Location of the Mamava Pods:

**Pod A:** Level 1, near the ICU waiting room and next to 'restricted access' elevator.

**Pod B:** Level 0, outside of Entrance A elevator.

The Pods are accessible via the **“Mamava Pump & Nursing Finder”** APP. You must download the APP and sign up to access the pods this way.

For those who do not have a smart phone to use the APP you will need to receive the CODE for entry, contact:

- Employee Health: M-F 7:00 am – 4:30 pm ext. 72785
- Contact House Supervisor ext. 72657 outside of working hours

Cleaning expectations are listed inside of the pod. Waste containers are available outside of the pod.

## Lactation Room

The current lactation room with 2 spaces and attached bathroom is located on Level 1 outside of the ICU waiting room: **Room 1-804-1**. This room is for employees only.

To receive the CODE for entry, contact:

- Employee Health: M-F 7:00 am – 4:30 pm ext. 72785
- Contact House Supervisor ext. 72657 outside of working hours

**Reminder:** Those using the lactation spaces need to bring their own pump and pump supplies.

