

Great news! Penn Medicine Lancaster General Health has partnered with Mamava, the leading expert in lactation space design, to offer breastfeeding employees private and comfortable Mamava pods for pumping or nursing.

These two new LG Health pods will be located at Lancaster General Hospital in the James Street Lobby (2nd level behind the Children’s Play Area) and in the Waiting area (short hall) between 6 East and West.

Here are some key features of Mamava breastfeeding pods:

1. **Easy access:** The Mamava app unlocks the pod with the touch of a button—no need to ask for a key.
2. **Total privacy:** Once inside, parents can deadbolt the door for peace of mind. Others who need the pod can sign up for vacancy alerts in the Mamava app so they know when the pod is free.
3. **Designed for pumping:** The Mamava pod has a comfortable bench, outlets (and a USB port), and a shelf for a breast pump. Plus, the pod’s easy-to-clean surfaces provide a sanitary space to pump.

How do LG Health employees gain access to utilize a Mamava pod? The easiest way is with the free Mamava app, which opens the pods—via Bluetooth—with a press of a button. The app also shows pod availability, occupancy status, and offers vacancy alerts. This free app is available either via the IOS App Store or Google Play.

Additional breastfeeding locations can be found at:

1. Duke Street Locations:
 1. Employee Service Center
 2. Outside Physical Medicine and Rehab Department
1. Suburban Outpatient Pavilion – 2108 Building– 3rd Floor
2. Norlanco Outpatient Center – located in Ultrasound/Mammography Hallway
3. Women & Babies Hospital – located in Couplet Care Unit
4. Mill Building, Lititz – located on Ground Floor
5. Commercial Avenue, East Petersburg – located near Accounting Offices

*Pods and breastfeeding locations are for LGH employee use only

Please reach out to the LG Health Benefits team at lgh-benefits@pennteam.upenn.edu with any questions.