

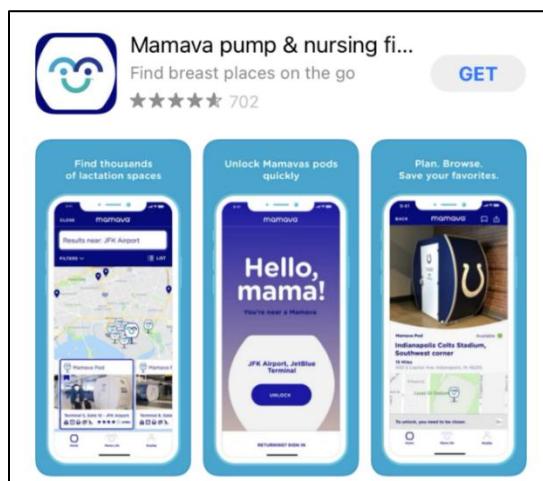
Accessing the Employee Lactation and Meditation Pods

As part of our focus on providing support for our staff's well-being, we are pleased to offer the **Employee Lactation and Meditation Pods**. The pods were designed and created by the company Mamava for lactation needs. Given the privacy and comfort offered by the pods, we are pleased to provide a pod to be used for meditation as well.

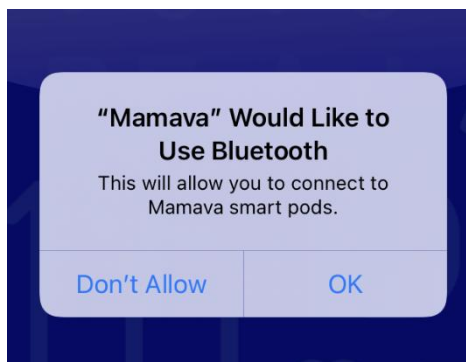
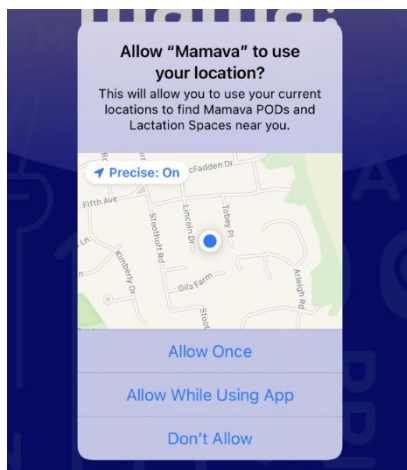
One Lactation Pod is located in *The Brook* on Level 5 of the hospital outside our staff respite area, *Resilience at The Brook*, and a second Lactation Pod is located on Level 4 between the Emergency Department and the Surgical waiting room. In addition, a third pod, which may be used for either lactation or meditation, is located next to the Lactation Pod in *The Brook*. **Please note that with the opening of the Lactation Pods, the lactation space on Level 8 of the hospital is no longer available.**

All pods are **available 24/7 to Stony Brook employees who have hospital access** indicated on their ID badges. Employees who are lactating are welcome to use the Lactation Pods for their pumping needs, and all employees are welcome to use the Meditation Pod.

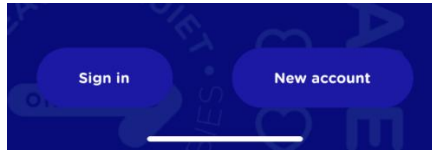
1. To access a pod, scan the QR code posted outside the pod or open the App store on your mobile device and search for the **Mamava App** to download. **Note:** If you are unable to access the pods through the app, contact information is located on the outside of the pods.



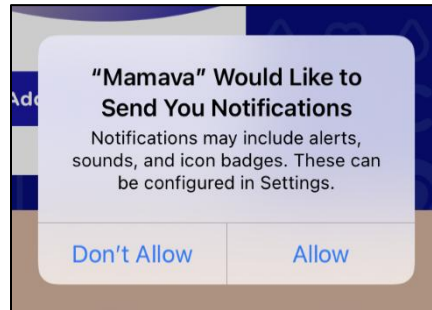
2. Allow the app to use your **Location** and **Bluetooth**.



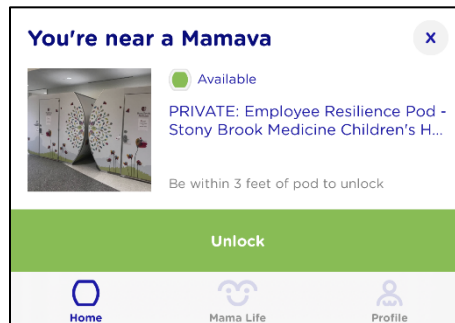
3. Create a **New Account** or **Sign in** if you have an account.



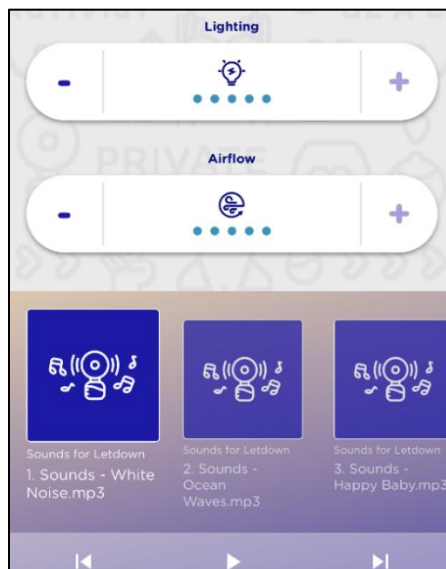
4. Once in the app, you may allow **Notifications**.



5. When near a pod with the app open, it will appear on your screen. Click the green **Unlock** button. **Note:** It will notify you if the pod is occupied.



6. After locking the deadbolt lock inside the pod, the app offers **Additional Features** to adjust lighting, airflow, white noise and play several sounds, if desired. The features will automatically display in the app for use.



7. You may also use the app to view **Additional Resources**.



? Questions About the Pods

For questions or feedback regarding the Meditation Pod or Employee Engagement, please contact [Kate Guggenheim](#), Director of Employee Engagement. For questions or feedback about the Lactation Pods, please contact [Mary Paciella](#), Director of Employee Health and Wellness.