

How much will I pay for maternity services?

Active duty service members and their family members do not have copayments for maternity services. Retirees and others will have a copayment for the initial maternity outpatient office visit and the inpatient stay for the birth. Contact your regional contractor or visit their Web site for specific costs.

I think I'm pregnant. What do I do now?

As soon as you think you may be pregnant, visit your primary care manager (PCM). If your PCM is not an obstetrician, they will refer you to an obstetric physician to manage your pregnancy.



Active Duty Service Members

You should receive all care from a military treatment facility (MTF), if available. When enrolled in TRICARE Prime, you'll be referred to a civilian network provider only if MTF care is not available. If you are enrolled in TRICARE Prime Remote and have an assigned PCM, your PCM will direct your care. Otherwise, you may obtain care from a civilian TRICARE-authorized provider with prior authorization from your regional contractor.

Who can I call if I need more information?

If you have additional questions about maternity care or health information while you are pregnant, call your regional contractor, visit their Web site, or contact DEERS.

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| TRICARE North Region Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) www.healthnetfederalservices.com |
| TRICARE South Region Humana Military Healthcare Services, Inc. 1-800-444-5445 www.humana-military.com |
| TRICARE West Region TriWest Healthcare Alliance Corp. 1-888-TRIWEST (1-888-874-9378) www.triwest.com |
| Defense Enrollment Eligibility Reporting System (DEERS) Mailing Address: Defense Manpower Data Center Support Office Attn: COA 400 Gigling Road Seaside, CA 93955-6771 Telephone: 1-800-538-9552 Fax: 1-831-655-8317 www.tricare.mil/DEERS |
| TRICARE Web Site www.tricare.mil |

An Important Note About TRICARE Program Changes

At the time of printing, the information in this brochure is current. It is important to remember that TRICARE policies and benefits are governed by public law. Changes to TRICARE programs are continually made as public law is amended. For the most recent information, contact your regional contractor or local TRICARE Service Center. More information regarding TRICARE, including the Health Insurance Portability and Accountability Act (HIPAA) Notice of Privacy Practices, can be found online at www.tricare.mil.

Please provide feedback on this brochure at <http://www.tricare.mil/evaluations/feedback>.

www.tricare.mil

TRICARE Prime Maternity Care

Because Your Family
Is Our Family



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Am I covered for maternity services with TRICARE Prime?

Yes. TRICARE Prime covers all necessary maternity care including the first obstetric visit, labor and delivery, postpartum care for up to six weeks after the birth of the child, and treatment of any complications.

TRICARE-covered services include:

- Obstetric visits throughout your pregnancy
- Fetal ultrasounds as medically necessary (Refer to the *TRICARE Prime Handbook* or your regional contractor's Web site for additional details on maternity ultrasound coverage.)
- Hospitalization for labor and delivery and post delivery care
- Anesthesia for pain management during labor and delivery
- Medically necessary cesarean section

The following services are not covered by TRICARE:

- Fetal ultrasounds to determine the sex of your baby (or otherwise not medically necessary)
- Services and supplies related to noncoital reproductive procedures (such as artificial insemination and fertility treatment). However, TRICARE will cover maternity care once you become pregnant.
- Off-label use of FDA-approved drugs to induce or prevent labor
- Home Uterine Activity Monitoring (HUAM), telephonic transmission of HUAM data, or HUAM-related telephonic nurse or physician consultation
- Unproven procedures (such as lymphocyte or paternal leukocyte immunotherapy for the treatment of recurrent miscarriages, or salivary estriol test for preterm labor)
- Umbilical cord blood collection and storage

All Other TRICARE Prime Enrollees

If you are a TRICARE Prime enrollee, you'll receive your maternity care in the MTF, if available. If care is not available in the MTF, your PCM will refer you to a civilian network provider, and your regional contractor will work together with you to find a civilian network provider that meets your and your family's needs. You can always use the point of service (POS) option to receive care off base, but POS fees will apply. For information on POS costs, visit www.tricare.mil/tricareprime. Check your regional contractor's Web site as prior authorization for maternity care is required.

TRICARE Prime Remote for Active Duty Family Members

When enrolled in TRICARE Prime Remote for Active Duty Family Members, your PCM and regional contractor will assist you in finding a civilian TRICARE-authorized provider. Check your regional contractor's Web site as prior authorization for maternity care may be required.

Can I see the same provider for all my maternity care?

Yes. You can see the same provider throughout your entire pregnancy unless you request a change. If you relocate during your pregnancy, your PCM and regional contractor will coordinate with your new provider to make sure you get the care you need. Every effort is made within an MTF to have the same provider follow you for all of your maternity care.

Can I have a private room when I'm in the hospital?

While TRICARE does not generally cover private rooms or other comfort items, some MTFs may have private postpartum rooms. Other personalized services such as individualized prenatal education, lactation support, and reserved parking may also be available at the MTF.

What happens after my baby is born?

You will continue to receive postpartum care, generally for up to six weeks after your baby is born. You can schedule these appointments directly with your provider.

TRICARE Prime will cover your baby from birth for 60 days, as long as at least one other family member is enrolled in TRICARE Prime or TRICARE Prime Remote. The steps below will ensure your baby remains covered by TRICARE Prime after the first 60 days.

Step 1: Register Your Baby in DEERS

Register your baby in the Defense Enrollment Eligibility Reporting System (DEERS) as soon as possible. To register your baby, visit a uniformed services identification (ID) card-issuing facility. If you're not near a military base, visit www.dmdc.osd.mil/rsl to find an ID card-issuing facility near you. You'll need a certificate of birth or live adoption, which can be the official birth certificate or a certificate of live birth authenticated by either the attending physician or another responsible party from the hospital.

You can call the Defense Manpower Data Center Support Office at 1-800-538-9552 if you have questions about registering your baby in DEERS. **Note:** DEERS registry is a separate step that must be completed before enrolling in TRICARE Prime.

Step 2: Enroll Your Baby in TRICARE Prime

Enroll your baby in TRICARE Prime within the first 60 days after birth. You will need to complete a *TRICARE Prime Enrollment Application and PCM Change Form* for your baby and send it to your regional contractor. On day 61, if you have not enrolled your baby in TRICARE Prime, he or she will be covered automatically under TRICARE Standard and TRICARE Extra.

Contact your regional contractor or visit their Web site for assistance with enrolling your baby in TRICARE Prime. If you pay enrollment fees, and the baby's birth changes your enrollment from a single to a family plan, your enrollment fees will increase to the family member rates.

What if I need additional care while I'm pregnant?

That's not a problem. Just make an appointment with your PCM for any care that you need outside of your maternity care (sometimes your obstetrician will be acting as your PCM). Your PCM will refer you for specialty care or inpatient care if necessary.

What about care for my baby?

TRICARE offers well-baby and well-child care for your baby up to age 6. After age 6, TRICARE Prime offers comprehensive health promotion and disease prevention exams.

Well-baby and well-child care includes:

- Circumcision
- Routine newborn care
- Comprehensive health promotion and disease prevention examinations
- Vision and hearing screenings
- Height, weight, and head circumference
- Immunizations
- Developmental and/or behavioral appraisal

Remember to schedule your baby's first well-baby appointment before you leave the hospital.

What happens if I lose TRICARE eligibility during my pregnancy?

If you lose TRICARE eligibility, you will also lose your maternity coverage unless you qualify for the Continued Health Care Benefit Program (CHCBP) or the Transitional Assistance Management Program (TAMP).

CHCBP is a premium-based health care program administered by Humana Military Healthcare Services, Inc. CHCBP offers transitional TRICARE Standard health coverage (18–36 months) after TRICARE eligibility ends. If you qualify, you can purchase CHCBP within 60 days of loss of eligibility. Visit www.humana-military.com or call 1-800-444-5445 for more information about the CHCBP.

TAMP offers TRICARE Standard coverage for up to 180 days to certain active duty service members and their eligible family members when the sponsor separates from active duty. Refer to the *TRICARE Prime Handbook* for more information about TAMP.

The following scenarios are examples of how you may lose TRICARE eligibility:

- You are an active duty service member and you separate from the military.
- Your spouse is an active duty service member and he separates from the military.
- You divorce from your active duty or retired sponsor and do not qualify for former spouse benefits.
- You are an unmarried daughter of an active duty or retired service member and you lose eligibility on your 21st birthday (or 23rd if enrolled in college).

Upon loss of eligibility, you will automatically receive a certificate of creditable coverage—a document that serves as evidence of prior health care coverage under TRICARE.