



# Breastfeeding Support

Tidewater Military Health System Fiscal Year 2016



TRICARE offers coverage of breast pumps and supplies, and lactation counseling, for all pregnant beneficiaries and female beneficiaries who legally adopt and intend to personally breastfeed an infant (go to [www.tricare.mil](http://www.tricare.mil) for complete information).

Breastfeeding equipment, supplies and counseling are considered preventive health care services, so TRICARE deductibles, cost-shares and co-pays do not apply.

Breastfeeding Benefits and Support Services	
Item	Description and Requirements
Heavy-Duty Hospital-Grade Breast Pumps and Supplies	<ol style="list-style-type: none"> <li>1. Covered for a premature infant hospitalized during the immediate postpartum period.</li> <li>2. Requires a referral from a TRICARE-authorized physician, physician assistant, nurse practitioner or nurse midwife.</li> <li>3. Must be obtained from a TRICARE-authorized provider, supplier or vendor. These are usually obtained on a rental basis.</li> <li>4. Continued use may be authorized after the infant leaves the hospital if a physician provides medical necessity.</li> <li>5. If a hospital-grade pump is no longer medically necessary, a manual or standard electric breast pump may be covered.</li> </ol>
Manual and Standard Electric Breast Pumps, Supplies and Kits	<ol style="list-style-type: none"> <li>1. Requires a referral or prescription from a TRICARE-authorized provider that specifies the type of breast pump prescribed (manual or standard electric). One breast pump is covered for each birth event (newborn birth or infant adoption).</li> <li>2. The regional contractor processes referrals (Health Net for the North Region), and sent to a durable medical equipment (DME) company for purchase. There are no out-of-pocket costs, and the pump is sent directly to the patient's home.</li> <li>3. A beneficiary who chooses to self-purchase a pump from an authorized vendor will pay out-of-pocket for the covered item, then submit a request for reimbursement to the regional contractor (Health Net). The reimbursement request must include a completed claim form (DD-2642), and copies of the receipt and referral or prescription. Includes purchases made between December 19, 2014 and July 1, 2015.</li> <li>4. Authorized vendors include a DME supplier; civilian retail store or pharmacy; commissary; or Military Exchange .</li> </ol>
Breastfeeding and Lactation Counseling	<ol style="list-style-type: none"> <li>1. Up to six individual outpatient breastfeeding/lactation counseling sessions are covered per birth event. These sessions are in addition to counseling provided during an inpatient maternity stay, outpatient OB visit, or well-child visit.</li> <li>2. Individual sessions are covered and reimbursed when billed using one of the preventive counseling procedure codes, when counseling is the only service being provided, and the counseling is provided by a TRICARE-authorized individual professional provider, outpatient hospital or clinic.</li> </ol>
Exclusions	<ol style="list-style-type: none"> <li>1. Pump batteries, battery-powered adapters, battery packs, and cleaning supplies.</li> <li>2. Regular baby bottles, nipples, caps and lids. Baby weight scales.</li> <li>3. Travel bags and other similar carrying accessories. Ice packs, labels and labeling lids.</li> <li>4. Garments and other products to allow hands-free operation.</li> <li>5. Nursing bras, bra pads, breast shells and other similar products.</li> <li>6. Over-the-counter creams, ointments and other products for breastfeeding conditions.</li> </ol>



**Tidewater  
Health Benefit Advisors**

Naval Medical Center Portsmouth  
(757) 953-2610/2611

Branch Health Clinic (BHC) Dam Neck  
953-9322

BHC Norfolk (Sewell's Point)  
953-8708

BHC Little Creek (Boone)  
953-8182

BHC NAS Oceana  
953-3933 (option 7)

BHC NWS Yorktown  
953-8441

TRICARE Prime Clinic (TPC) Chesapeake  
953-6382

TPC Virginia Beach  
953-6710/6711

McDonald Army Health Center  
(757) 314-7748/7766/7777

USAF Hospital Langley  
225-5111

USCG Training Center Yorktown  
(757) 856-2230/2345

## TRICARE Information and Assistance

- \* Hampton Roads Appointment Center (TRICARE Prime MTF appointments in Tidewater) - 1-866-645-4584
- \* TRICARE Nurse Advice Line - 24 hours a day, 7 days a week - 1-800-874-2273 (1-800-TRICARE)
- \* TRICARE North Region - Health Net Federal Services - 1-877-874-2273; [www.hnfs.com](http://www.hnfs.com)

McDonald Army Health Center  
Joint Base Langley-Eustis  
Information: (757) 314-7500

Naval Medical Center Portsmouth  
Naval Support Activity  
Information: (757) 953-5000

USAF Hospital Langley  
Joint Base Langley-Eustis  
Information: (757) 225-7630

