



# TRICARE Women's Health

Tidewater Military Health System - Fiscal Year 2016



## OB and Maternity Care, and Access to Care

- \* The Tidewater Military Health System offers comprehensive women's health care, including wellness programs, and OB/GYN and maternity care.
- \* When a pregnancy is confirmed, TRICARE Prime beneficiaries - including active duty service members (ADSMs), active duty family members (ADFMs), and retirees and their family members - will receive their prenatal and postnatal care through one of the area military treatment facility (MTF) obstetric (OB) clinics. Labor and delivery will take place at Naval Medical Center Portsmouth (NMCP) or USAF Hospital Langley.
- \* ADSMs who seek unauthorized, non-emergency OB care from civilian providers may be responsible for all costs, and other Prime patients will have their claims processed under the expensive Point-of-Service (POS) option.
- \* Beneficiaries using TRICARE Standard and Extra will receive care from civilian providers. To find providers who accept Extra and Standard, call Health Net at 1-877-874-2273, or search the provider directory at [www.hnfs.com](http://www.hnfs.com).

## TRICARE Eligibility - Registration for Newborns

- \* Registration in DEERS (Defense Enrollment Eligibility Reporting System) is done through a military ID card or personnel office. To locate an office near you, visit the Rapids Site Locator at [www.dmdc.osd.mil/rsl](http://www.dmdc.osd.mil/rsl). The following documentation is required:
  - \* An original or certified-copy of the birth certificate or certificate of live birth (from a U.S. hospital or military hospital or clinic), or Consular Report of Birth (FS-240) for children overseas; or
  - \* A record of adoption, or a letter of placement of the child into

the home by a recognized placement/adoption agency or the court before the final adoption; and

- \* An *Application for Identification Card/DEERS Enrollment (DD Form 1172-2)* signed by the sponsor and verifying official from a uniformed services ID card-issuing facility.
  - \* A notarized 1172-2 is required if the sponsor can't sign it in person.
- \* If the sponsor is unavailable or unable to sign the 1172-2, the spouse or other legal guardian must have a Specific Power of Attorney to register the child.

## Additional Eligibility Considerations

- \* A pregnant, unwed dependent daughter remains eligible for TRICARE until age 21 (23, if a full-time student; 26 if eligible for the TRICARE Young Adult program), or until married. A newborn child of an unwed dependent daughter, however, *is not* eligible unless:
  - \* The baby's father is a service member and registers the baby in DEERS;
  - \* The unwed daughter's sponsor legally adopts and registers the baby in DEERS; or
  - \* Secretary of the Navy (SECNAV) Designee Status is requested and authorized by the MTF Commander. This provides temporary limited, space-available care in an MTF.
- \* If paternity is in question, testing should be done as soon as possible after the baby's birth. Paternity establishment forms are available from the hospital's admission office, but testing *is not* performed at an MTF and *is not* covered by TRICARE. Contact a legal advisor for help.

## TRICARE for New and Expecting Parents

See over for information about maternity leave, breastfeeding support, Tidewater Health Benefit Advisors, and additional resources.

## Tidewater Women's Health Points-of-Contact

### Naval Medical Center Portsmouth (NMCP)

Admissions: 953-1509/1510  
Patient Information: 953-5002

Birth Registrar: 953-4809  
Pharmacy: 953-0258

Emergency Room: 953-1365  
SECNAV Designee: 953-7750

### Naval Medical Center Portsmouth Pediatrics

Neurodevelopmental Pediatrics: 953-7379

Pediatric Primary Care: 953-7716

Pediatric Specialty Care: 953-7379

### Tidewater Military Women's Health Clinics

NMCP: 953-4300  
BHC Little Creek: 953-8351

NMCP High Risk OB: 953-7495  
BHC Norfolk: 953-8997

BHC Dam Neck: 953-9897  
Langley AFB: 764-6994/6992

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



## Maternity Leave for Active Duty Service Members

- \* On 28 January 2016, the Secretary of Defense announced that 12 weeks of maternity leave is the new standard for pregnant active duty women from all services.
- \* Previously, in 2015, the Secretary of the Navy authorized up to 18 weeks of maternity leave for active duty women of the Navy and Marine Corps. This authorization will only continue to apply to women who were already pregnant at the time of the Defense Secretary's announcement on 28 January 2016.
- \* TRICARE guidelines for active duty mothers on maternity leave:
  - \* Active duty mothers who leave the area of their duty station, especially for an extended period of time, must not obtain any non-emergency medical care for themselves without prior authorization from their primary care manager (PCM) and Health Net.
    - \* Routine out-of-area care, including the 6-week postpartum check, will not be authorized.
    - \* Urgent care must be requested of and approved by the PCM. All follow-up care must be coordinated with the PCM.
    - \* If emergency care is received, all follow-up care, including any hospital admission, must be coordinated with the PCM.
  - \* Not having the required authorization for non-emergency care may result in the ADSM's financial liability for all expenses.
- \* TRICARE guidelines for newborns of active duty mothers on maternity leave:
  - \* To continue TRICARE Prime coverage uninterrupted for the newborn, registration in DEERS and enrollment in Prime must be completed within 60 days of the child's birth date.
  - \* If in a location other than the area of the active duty mother's duty station, and Prime is available, the child may be enrolled to a PCM at that location while the mother is on maternity leave, then changed to a new PCM upon return to the duty station location.
  - \* If DEERS registration isn't done, or if Prime isn't available or wanted, coverage reverts to TRICARE Extra/Standard on day 61.

## Breastfeeding Support



- \* TRICARE offers expanded coverage of breast pumps and supplies, and breastfeeding counseling, for all pregnant beneficiaries. Female beneficiaries who legally adopt and intend to personally breastfeed an infant are also covered (go to [www.tricare.mil](http://www.tricare.mil) for information).
- \* Breastfeeding equipment, supplies and counseling are preventive health care services, so TRICARE deductibles, cost-shares and co-pays do not apply.



## TRICARE Information and Assistance

- \* Defense Enrollment Eligibility Reporting System (DEERS)
  - \* [www.tricare.mil/deers](http://www.tricare.mil/deers) or <https://www.dmdc.osd.mil/milconnect>
- \* Hampton Roads Appointment Center (Prime appointments at Tidewater MTFs) - 1-866-645-4584
- \* Medicare and Social Security: 1-800-772-1213; [www.medicare.gov](http://www.medicare.gov) or [www.ssa.gov](http://www.ssa.gov)
- \* TRICARE - for complete TRICARE program and benefit information, visit: [www.tricare.mil](http://www.tricare.mil)
- \* TRICARE Nurse Advice Line - 24 hours a day, 7 days a week - 1-800-874-2273 (1-800-TRICARE)
- \* TRICARE Pharmacy Program - Express Scripts - Retail Network and Home Delivery
  - \* 1-877-363-1303; TDD/TTY 1-877-540-6261; [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE)
  - \* Specialty medication home delivery - 1-888-455-4342
- \* TRICARE North Region - [www.tricare.mil/tronorth](http://www.tricare.mil/tronorth)
  - \* Health Net Federal Services - 1-877-874-2273; [www.hnfs.com](http://www.hnfs.com)
- \* TRICARE South Region - [www.tricare.mil/trosouth](http://www.tricare.mil/trosouth)
  - \* Humana Military - 1-800-444-5445; [www.humana-military.com](http://www.humana-military.com)
- \* TRICARE West Region - [www.tricare.mil/trowest](http://www.tricare.mil/trowest)
  - \* United Healthcare Military and Veterans - 1-877-988-9378; [www.uhcmilitarywest.com](http://www.uhcmilitarywest.com)
- \* TRICARE Overseas - International SOS; 1-888-777-8343

## 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