



TRICARE

Prenatal Management Program

Congratulations!! You've just received the news that there's to be an addition to your family! It's such an exciting time! You call everyone to tell them your good news. Soon after, you begin thinking that you have a thousand questions. When is the baby due? What should I eat? Should I exercise? When do I see the doctor?



As the pregnancy progresses, you will have many questions and concerns. Naval Hospital Pensacola and the TRICARE Prenatal Management Program have the answers you're looking for. It doesn't matter if you are using TRICARE Standard, Extra or Prime. The program is available to all eligible beneficiaries.



The TRICARE Prenatal Management Program is designed to support expecting parents through education and quality medical care. The more you understand about pregnancy, the better the outcome will be for your family.



You and your doctor will discuss all the things you can do to make your pregnancy as healthy and happy as possible. Some of the preventive services available through TRICARE are required immunizations, screening for high blood pressure and cholesterol, and monitoring your baby's development. You may also be screened for breast, cervical, mouth, throat and colorectal cancers. You will receive counseling on nutrition, smoking cessation, and injury prevention.

For further information, please contact the Naval Hospital Obstetrical Department (505-6750) or the TRICARE Service Center (1-800-444-5445).

