



TRICARE® OVERSEAS PROGRAM PREGNANCY BROCHURE

TRICARE PRIME & TRICARE PRIME REMOTE OVERSEAS BENEFICIARIES



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CONGRATULATIONS!

Dear TRICARE Overseas Program (TOP) Beneficiary,

On behalf of the staff at International SOS Government Services, Inc. (International SOS), as the TRICARE Overseas Program (TOP) Contractor, we offer our congratulations on your pregnancy.

International SOS will be available to you 24/7 throughout your pregnancy, offering medical advice and assistance with care authorizations and claims processing.

This brochure contains information regarding pregnancy and delivery as a TOP beneficiary in the overseas locations along with available benefits and recommendations about pregnancy care.

We hope you will find this information useful and that it answers any questions you may have for prenatal care, labor and delivery. If you still have questions or concerns after reading this information pack, please contact the **TOP Regional Call Center** and speak with a member of our Medical Team. **Select Option 1 when prompted.**

International SOS is responsible for the medical monitoring of your care throughout your pregnancy, including if any inpatient care is required. In some locations (Germany, Benelux (Belgium, Netherlands, Luxembourg), Italy, Spain, Greece, Poland, Bahrain, South Korea and Japan), the Near Patient Program is also available, with clinical and non-clinical professionals helping to make it easier to navigate the overseas health care system. Visit www.tricare-overseas.com/beneficiaries/resources/Near-Patient-Program to learn more.

For TRICARE Prime Remote Overseas Beneficiaries, please note that included in this information pack is a Pregnancy History Questionnaire, to understand past and current pregnancy experience(s) and your medical history. The information will assist in the coordination of the care available to you, and provide guidance necessary for referral to appropriate TRICARE Network Providers. A Medical Team member will ask or refer to these questions during calls to coordinate your pregnancy care. If preferred, the questionnaire can be completed and returned by way of “reply” email to the **TOP Regional Call Center**. We recommend that you password protect the questionnaire before returning it to us to ensure data privacy.

Once your pregnancy has been medically confirmed, we will issue an Authorization to a TRICARE-authorized health care provider to cover the period of outpatient prenatal care. The TOP Regional Call Center remains available to help you find or change TRICARE providers.

Authorizations for prenatal care cover up to 18 outpatient visits which are valid for one (1) year, assuming there are no changes to your TRICARE enrollment status. Please note: Separate authorizations may be needed for laboratory testing and ultrasounds.

Medical reporting will be requested from your health care provider following attended appointments. If additional testing or specialist referrals are recommended, additional authorizations will be required. Keep in mind that authorizations for prenatal care and delivery will only be issued, for locations where prenatal and delivery care is endorsed by International SOS. This may be based on the geographical location and reflect the level of medical risk during pregnancy. For example, in certain country locations, prenatal care of an uncomplicated pregnancy may be endorsed by International SOS, but not labor and delivery health care services.

When coordinating your obstetrical care, the International SOS Medical Team will ask questions about your pregnancy and medical progress to ensure that the authorized and medically reported care is suitable for your geographical location. Alternatively, you may wish to speak to a member of the Medical Team to discuss questions / concerns.

The Medical Team is available 24/7 to assist and guide your pregnancy care requirements.

Kind regards,

The Medical Team at International SOS on behalf of the TRICARE Overseas Program

You can also download the MyCare Overseas™ Beneficiary Mobile App to your phone. This self-service tool puts health care at your fingertips, offering easy access to such features as health care finder (find a Network provider), verifying TRICARE covered services and keeping track of your upcoming appointments. Scan the QR code below or click on the App Store or Google Play Buttons to download the MyCare Overseas™ Beneficiary App today! Don't forget to register for the app after downloading it, to begin enjoying these self-service features right away!



**DOWNLOAD THE
MYCARE OVERSEAS™
APP NOW!**



AUTHORIZED PRENATAL CARE

Prenatal care is the care you get from the time you find out you're pregnant until you deliver. As soon as you think you may be pregnant, please reach out to your Primary Care Manager (TRICARE Prime Overseas Beneficiary) or the **TOP Regional Call Center** (TRICARE Prime Remote Overseas Beneficiary) to receive an authorization for care.

PRENATAL SCREENINGS

TRICARE covers prenatal screenings, which include but are not limited to the following:

- Anemia Screening
- Rubella screening
- Asymptomatic Bacteriuria, UTI, or other infection screening (urine culture during pregnancy from 12-16 weeks or at first prenatal visit, if later)
- Quad screening between weeks 13 to 20 weeks
- Gestational Diabetes Mellitus Screening between 24-28 weeks and for those at high risk of gestational diabetes
- Hepatitis B Screening
- HIV Screening
- RH Incompatibility Screening
- Syphilis Screening



Authorization for early screening, genetic testing and counseling is available but requires coordination based on the country location of care. For additional support with authorization of recommended testing and screening TRICARE Prime Remote beneficiaries can contact the **TOP Regional Call Center** to speak with a member of the TOP Medical Team, TRICARE Prime Overseas beneficiaries and recommended to contact their PCM.

The TRICARE policy for covered Ante-Partum services describes in more detail the covered testing services throughout the prenatal period. Please see [page 5](#) for the policy reference details.

ULTRASOUNDS

Ultrasound studies during pregnancy may be completed for different reasons. TRICARE covers the following ultrasounds used to:

- Estimate gestational age
- Evaluate fetal growth
- Complete a Nuchal Translucency (NT) Scan
- Conduct a biophysical evaluation for fetal well-being, which includes evaluation of fetal anomalies
- Evaluate a suspected ectopic pregnancy
- Define the cause of vaginal bleeding
- Diagnose or evaluate multiple pregnancies
- Confirm heart activity
- Evaluate maternal pelvic masses or uterine abnormalities
- Evaluate suspected hydatidiform mole
- Evaluate the fetus condition in late registrants for prenatal care



Note: TRICARE does not cover ultrasounds for routine screening or only to determine the sex of the baby (See [page 5](#) for more details).

WHAT IS NOT COVERED DURING PREGNANCY

- Prenatal birthing lessons (such as Lamaze classes, etc.) are not a covered benefit under TRICARE.
- Non-American Midwifery Certification Board (AMCB)-certified midwife care and homevisits are not covered benefits. There are a few exceptions. Reach out to the **TOP Regional Call Center** to get the detailed range of coverage, depending on your location.
- Home visits for lactation consultants are not covered. A lactation counseling appointment received in the home using virtual / **Telehealth** may be approved in some country locations. Please contact **TOP Regional Call Center** for more information.
- Ultrasound scans solely to determine fetal sex for non-medical reasons.
- Ultrasound scans that are in addition to your initial dating ultrasound, 12-week and 20-week ultrasound scans unless requested by a doctor and for medically necessary reasons. If an ultrasound is required, International SOS will need a written referral from your doctor to determine if the scan is medically necessary and covered by TRICARE.
- Genetic testing is excluded unless it is medically necessary, and authorized by International SOS prior to the test being performed. TRICARE policy requires only approved certified laboratories to complete genetic testing.
- Paternity testing.
- Isoimmunization to the ABO blood antigens.
- Cesarean Section (C-section) without medical necessity. C-sections performed solely at the request of the mother which are not deemed medically necessary and are not a covered benefit.
- Private rooms (except when medically indicated or when no semi-private rooms are available in hospital).
- Prolonged admission of the mother solely for the purpose of staying with newborn or breastfeeding of newborn.
- Hospital accommodation for companion / partner.

***Note:** Certified Doula services available under “The Childbirth and Breastfeeding Support Demonstration” commences for TRICARE Overseas enrolled beneficiaries January 1, 2025. Beneficiaries who have commenced their prenatal care in the US prior to relocating and have received Certified Doula Services will not have access to this care until after January 1, 2025.

TRICARE Policy for pregnancy, labor and delivery entitlements and exclusions can be found at <https://manuals.health.mil/>.

TRICARE Maternity Policy	Chapter 4, Section 18.1 – Maternity Care
TRICARE Prenatal Services	Chapter 4, Section 18.2 – Antepartum Services
TRICARE Diagnostic Ultrasound Policy	Chapter 5, Section 2.1 – Diagnostic Ultrasound
TRICARE Genetic Testing and Counseling	Chapter 6, Section 3.1 - Genetic Testing and Counseling Chapter 18, Section 3 - Defense Health Agency (DHA) Evaluation Of Non-United States (U.S.) Food and Drug Administration (FDA) Approved Laboratory Developed Tests (LDTs) Demonstration Project
TRICARE Cesarean Sections	Chapter 4, Section 18.4 – Cesarean Sections
TRICARE Certified Nurse Midwife	Chapter 11, Section 3.12 – Certified Nurse Midwife
TRICARE Hospital Care	Chapter 2, Section 2.1 – Hospital Care
TRICARE Certified Doula Services*	Chapter 18, Section 11 - Childbirth and Breastfeeding Support Demonstration
TRICARE Breast Pumps, Breast Pump Supplies, and Breastfeeding Counseling	Chapter 8, Section 2.6 - Breast Pumps, Breast Pump Supplies, and Breastfeeding Counseling
TRICARE Benefits Website	tricare.mil/mybenefit/

IMPORTANT MEDICAL INFORMATION

COVID- 19

Simple measures can protect you during pregnancy against circulating COVID-19 variants as the pandemic continues. The following resources offer information and guidance on the steps you can take to keep yourself safe during your pregnancy. Visit <https://tricare.mil/HealthWellness/HealthyLiving/Coronavirus> for more information.

CDC Centers for Disease Control and Prevention:

- COVID-19 during Pregnancy - <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/special-populations/pregnancy-data-on-covid-19/what-cdc-is-doing.html>
- COVID-19 Vaccines During Pregnancy or Breastfeeding - <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>

ZIKA VIRUS

The Zika virus remains a significant concern for prospective parents who may reside or have visited a Zika endemic region with or without current outbreak. Ask your health care provider about what additional testing and monitoring may be required for pregnancies in Zika-associated locations or possible exposure. Consult your Command (or your sponsor's Command) for specific instructions on how to proceed if you elect to depart your Duty Station.

CDC Centers for Disease Control and Prevention:

Zika Information for Pregnancy: <https://www.cdc.gov/zika/pregnancy/index.html>

PRENATAL CARE & DELIVERY OPTIONS

International SOS makes recommendations on the standard and safety of local prenatal and delivery providers. For care endorsed by International SOS in your geographical location, you will be able to receive all prenatal care and deliver in a local hospital. Please note recommendations may change based on your medical status throughout the course of the pregnancy.

For country location(s) where local care is not endorsed by International SOS, you will be recommended to travel to an approved location to establish a relationship with a provider for your pregnancy and planned delivery. Please review the section below, *'Traveling to Appropriate Care.'*

If you are required to leave your enrolled location to deliver, it is important to realize that airlines have different guidelines for pregnant women who are considering flying. You or your sponsor must coordinate your flights, your transfers to and from the airport, and your accommodations when you arrive at your destination, with your Service Medical TDY authority.

Once it is time for you to receive inpatient care for delivery, you are entitled to a semi-private room for postpartum care. If your baby requires a prolonged or NICU admission, TRICARE does not cover the additional costs for continued admission for the mother unless it is determined that there is medical necessity. Hospital accommodation for your partner is not covered by TRICARE while you are an inpatient in the hospital.

In cases where prenatal care or delivery are not endorsed by International SOS, medically necessary travel funding for pregnant Active Duty Service Members (ADSMs) and pregnant overseas-assigned Active Duty Family Members (ADFMs) is funded by the sponsor's Service. The local TRICARE Point of Contact (POC) can assist you in identifying your Service's Medical Travel Funding support and POC.



MIDWIFE SERVICES

The TRICARE benefit covers both TRICARE Prime Overseas and TRICARE Prime Remote Overseas beneficiaries receiving midwife services when received at an institutional provider where the obstetric care is physician led.

Midwife services are covered by TRICARE Policy, as long as the nurse midwife is both:

- Licensed, when required, by the local licensing agency for the jurisdiction in which the care is provided; and
- Certified by the American College of Nurse Midwives.

To receive certification, a candidate must be a registered nurse (RN) who has successfully completed an educational program approved by the American Midwifery Certification Board (AMCB) and passed the AMCB examination.

The services of a registered nurse (RN) who is not a Certified Nurse Midwife (CNM) may be provided only when the patient has been referred for care by a physician and that physician provides continuing supervision of care.



A lay midwife who is neither a CNM nor a RN is not considered a TRICARE-authorized provider and this care is not eligible for reimbursement by TRICARE.

Cultural Exemption Granted for Midwife Services in Germany

For TRICARE Overseas beneficiaries receiving care and planning for the birth of your child in Germany. Midwife services are now covered by TRICARE, under a cultural exemption that was recently granted for German Midwife Providers who meet certain conditions. Please read below for more details.

Midwife services in Germany and the Netherlands are now authorized when the following conditions are met:

- When the patient's pregnancy diagnosis has been formally confirmed and documented by a physician prior to referral to a midwife;
- When the midwifery services are provided under the continuing supervision of a physician across the entire course of care, and*
- When the birth is delivered as part of an admission to an appropriate inpatient facility.

** To ensure the midwife claim is processed correctly, the supervising physician's name (and the International SOS Authorization number, if a TRICARE Prime Overseas or TRICARE Prime Remote Overseas beneficiary) should be included on the invoice that gets submitted to the TOP Claims Processor for payment. TRICARE Select Overseas beneficiaries, when possible, should submit midwife claims together with the invoice for the inpatient stay and physician care to minimize any possible delays in claims processing.*

Midwife Care in the Netherlands

A unique pathway of care exists in the Netherlands with midwife-led care available for uncomplicated pregnancies. Midwife care can be received during both prenatal and postnatal periods. While the Netherlands midwifery model allows for home delivery, this is **NOT** an option available to TRICARE beneficiaries, who may only receive labor and delivery services in the hospital setting.

NOTE: Home births are not covered for TRICARE beneficiaries living or enrolled overseas. In all the above circumstances, the birth must have occurred in a hospital for the midwife services to be reimbursed by TRICARE.

TRAVELING TO APPROPRIATE CARE



If you are currently living in an overseas location that does not offer an appropriate standard of health care locally, it is our recommendation that you travel outside your current location for part / all of your prenatal care, predominantly your medically necessary 12-week and 20-week prenatal evaluations. In these circumstances, International SOS, in concurrence with the TRICARE Area Office (TAO), will provide you with a **Recommendation for Movement Letter** to assist in seeking medical TDY / routine travel funding from your (or your sponsor's) Service.

Please be aware that most airlines have pregnancy-related travel restrictions and generally **pregnant women cannot fly internationally (and in some cases domestically) after 34 weeks of pregnancy**. The TAO and International SOS recommend that you travel to your delivery location before your 34th week of pregnancy and remain in that location through delivery and immediate postpartum care.

To fly commercially after 28 weeks, you need to carry a certificate or letter from a registered medical practitioner confirming:

- The estimated date of delivery
- Whether it is a single or multiple pregnancy
- That the pregnancy is without complication(s)

The certificate or letter must be readily available on request at the airport and during the flight.

Please note travel restrictions vary from airline to airline. Travel during pregnancy is also dependent on how your pregnancy has progressed and any complications that may have developed. Pregnant travelers must check with their airline well in advance of any planned travel to ensure that medical restrictions are known prior to travel.

PREGNANCY & DELIVERING IN A LOCATION AGAINST MEDICAL ADVICE

ACTIVE DUTY FAMILY MEMBERS

If you do make an informed choice to obtain your prenatal care and/or deliver locally against the recommendations of International SOS, we will talk you through the risks associated with this decision. Should you choose to deliver in an area of the world that does not offer medical care based on international quality standards, International SOS is not able to issue an Authorization. This is due to the care being deemed not to meet internationally recognized and accepted standards. As a TRICARE Prime Overseas or TRICARE Prime Remote Overseas beneficiary, claims for unauthorized care will be processed under the Point of Service (POS) option with the associated cost shares. It is important to note that the POS cost share for inpatient care is 50% of the TRICARE-allowable charge after the annual POS deductible is met.



ACTIVE DUTY SERVICE MEMBERS

The Prime POS option and TRICARE Select Overseas plan (mentioned below) is available to TRICARE Prime Remote Overseas Active Duty Family Members **ONLY**. Local Command, Installation, Service, Component Command, and Combatant Command regulations restricting ADSM pregnancy in the Area of Responsibility (AOR) apply and will supersede TRICARE policies.



TRICARE OPEN SEASON & ENROLLMENT

TRICARE Open Season is the annual period when you can enroll in or change your health plan for the next year. It occurs each fall, beginning on the Monday of the second full week in November to the Monday of the second full week in December. During TRICARE Open Season, you can:

- Enroll in a new TRICARE Prime, TRICARE Prime Remote or TRICARE Select plan
- Change your enrollment (e.g., from individual to family)

If you are happy with your current TRICARE health plan, you don't have to take any action to stay enrolled. If you aren't already in a plan and don't enroll in a plan, you'll only be eligible for care at a military hospital or clinic if space is available.

Note: Outside of the TRICARE Open Season, you can enroll in or change enrollment to TRICARE Prime or TRICARE Select following a Qualifying Life Event (QLE). To learn more, visit <https://tricare.mil/Plans/Enroll/OpenSeason>.

TRICARE SELECT OVERSEAS

TOP Network Providers are not required to provide cashless / claimless services for TRICARE Select Overseas beneficiaries, and payment may be requested upfront for appointments and hospital admission fees for labor and delivery. A claim is then submitted for reimbursement by the TRICARE Select Overseas beneficiary and claims are processed with the maternity cost shares and deductibles. For additional information, download the TRICARE Maternity Care Fact Sheet at www.tricare.mil/LifeEvents/Baby/PregnancyCare.aspx.

It is also important to note that TRICARE Select Overseas beneficiaries do not have the same health care support services provided to beneficiaries under TRICARE Prime Overseas. For example, International SOS will not medically manage / monitor your care, nor issue maternity care authorizations to medical providers on behalf of TRICARE Select Overseas beneficiaries.

Should you wish to discuss these options further, we encourage you to contact our **TOP Regional Call Center** to ensure you fully understand all your available options and associated implications for your enrollment.

STORKNESTING

Beneficiaries enrolled to TRICARE Overseas Program will be supported to identify a safe place to deliver when the current enrolled location is deemed not suitable.

Movement options for pre-natal care and delivery often referred to as 'Stork Nesting' will vary based on geographical location.

International SOS Medical Team will offer support and guidance in the delivery options in consultation with the local TRICARE Area Office.

It is important that you consider your preferred option / preference as soon as possible, this allows International SOS sufficient time to provide you with the information and approvals necessary to support out of region / location care.

Should you wish to discuss these options further, we encourage you to contact our **TOP Regional Call Center** to ensure you fully understand all your available options.



POST-DELIVERY INFORMATION



Once you have delivered your baby, please contact your **TOP Regional Call Center** to notify International SOS as soon as possible. At this time, we will also make any necessary amendments to the Authorization for your delivery (i.e., if you required a Cesarean Section (C-Section)) we will ensure that the Authorization will cover any additional required hospitalization time. Your **TOP Regional Call Center** is available 24/7 to answer any questions you may have.

For TRICARE Prime Overseas beneficiaries in some country locations the Near Patient Program Team provides support through the MyCare Overseas™ Beneficiary App chat. Please reach out for language or cultural support during your admission 24/7. The Near Patient Country locations are Germany, Belgium, Netherlands, Luxembourg, Italy, Spain, Greece, Poland, Bahrain, South Korea and Japan, the medical teams in these locations will continue to support you and your baby with any health care needs throughout your admission.

BREASTFEEDING SUPPLIES & COUNSELING SERVICES

Breast pumps, breast pump supplies and breastfeeding counseling are covered up to 36 months post birth for new mothers, including mothers who adopt an infant and plan to breastfeed. Breast pumps and breast pump supplies can be purchased before delivery, starting at 27 weeks of the pregnancy. One manual or one commercial off-the-shelf electric breast pump is covered per “birth event.”

A prescription from a TRICARE-authorized physician, physician assistant, nurse practitioner or nurse midwife is required. The prescription must indicate the type of breast pump covered (basic manual, standard electric or hospital grade (if authorized)).

You can purchase the breast pumps or breast pump supplies from a TRICARE-approved provider, supplier, vendor, or any civilian retail store or pharmacy.

- Firm, supplier, or provider that accepts TRICARE
- Commissary (run by the Defense Commissary Agency)
- Post Exchange (PX), Base Exchange (BX), or Station Exchange run by:
 - The Army/Air Force Exchange Service (AAFES);
 - The Department of the Navy;
 - The United States Marine Corps; or
 - The United States Coast Guard
- Civilian stateside and overseas retail stores (such as Walmart, Target, Babies”R”Us)
- Civilian stateside and overseas retail drug stores (not available through TRICARE Pharmacy Home Delivery)
- Online store such as Amazon.com, Overstock.com (Note: Standard shipping is covered)

You will be required to pay out-of-pocket and then submit the TRICARE DoD/CHAMPUS Claim Form - Patient’s Request for Medical Payment (DD Form 2642) for reimbursement from the TOP Claims Processor. For more information on what breast pump or breastfeeding supplies are covered and where you can purchase them, go to <https://tricare.mil/CoveredServices/IsItCovered/BreastPumpsSupplies>.

BREASTFEEDING (LACTATION) COUNSELING

You are covered by TRICARE for up to 6 individual outpatient breastfeeding / lactation counseling sessions. The following applies:

- Counseling must be delivered by a TRICARE-authorized provider
- The provider should bill using one of the preventive counseling procedure codes
- Breastfeeding/lactation counseling is the ONLY service you receive as part of the session
- Lactation counseling services may be received using Telemedicine / virtual appointment. Telemedicine requirement information can be found here: <https://www.tricare-overseas.com/providers/resources/telemedicine>



NEWBORN ENROLLMENT

Beginning January 1, 2018, beneficiaries fall into one of two groups based on when the sponsor became affiliated with the Uniformed Services, either through enlistment or appointment:

- If the sponsor's initial enlistment or appointment occurred before January 1, 2018, the beneficiary is in **Group A**.
- If the sponsor's initial enlistment or appointment occurred on or after January 1, 2018, the beneficiary is in **Group B**.

Group A and Group B beneficiaries have different enrollment requirements, fees, and out-of-pocket cost shares (or percentages) for covered services.

Please be advised that Active Duty Service Members (ADSMs) and Active Duty Family Members (ADFM) OCONUS have 120 days to register their newborn in DEERS. Once the newborn has been registered in DEERS, he/she will automatically be enrolled to TRICARE Select Overseas. The ADSM/ADFM will have 90 days from the date of DEERS registration to change enrollment of the newborn to TRICARE Prime Overseas or TRICARE Prime Remote Overseas (if eligible or command sponsored). Alternatively, the infant will remain enrolled in TRICARE Select Overseas, if the ADSM/ADFM does not take further enrollment action.

Note: If the newborn is **NOT REGISTERED IN DEERS** after the 120th day from birth, they will revert to Direct Care - meaning they are only eligible for care at a Military Treatment Facility (MTF) on a space available basis at which point all claims from overseas civilian providers will be denied.



Outside of the TRICARE Open Season, you can enroll in or change enrollment to TRICARE Prime or TRICARE Select following a Qualifying Life Event (QLE). To learn more, visit tricare.mil/openseason or tricare.mil/lifeevents. For more information on how to register your newborn or adoptee in DEERS visit www.tricare.mil/DEERS.

Claims for Newborns:

Once a newborn is shown as enrolled in a TRICARE plan in DEERS, the TRICARE Prime Overseas/TRICARE Prime Remote Overseas or TRICARE Select Overseas "deemed status" for cost sharing of claims for up to 120 days no longer applies and claims received after the date of enrollment shall be processed according to the cost sharing provisions of their enrolled plan. For more information, visit tricare.mil/Costs/HealthPlanCosts.

Once the Active Duty sponsor enrolls the newborn in TRICARE Prime Overseas or TRICARE Prime Remote Overseas, coverage is backdated to the date of birth and the family may ask International SOS to reprocess any claims that were denied or should be processed under TRICARE Prime Overseas or TRICARE Prime Remote Overseas. For more policy information and instructions on how to enroll your newborn, please visit tricare.mil/LifeEvents/Baby.

For enrollment and claims information, please contact your **TOP Regional Call Center** and listen carefully for the prompt that best serves you.

NEWBORN SCREENINGS

Your newborn baby will have blood drawn in the first days of life. Newborn screening is a covered benefit and testing may vary depending on your geographical location. Additionally, your newborn should undergo a hearing test before leaving the hospital or shortly after.

These newborn screenings are a covered TRICARE benefit and more information can be found in the [TRICARE Policy Manual, Chapter 7 Section 2.5 \(Well-Child Care\)](#).



CIRCUMCISION

Male circumcision performed during the newborn period (0-30 days) is a covered benefit under the TRICARE [Male Circumcision Policy](#).

Male circumcision performed after 30 days of age due to medical complications which occurred at birth or during the newborn period and prevented the circumcision from being completed within the newborn period, may be covered up to 30 days after discharge.

Male circumcision performed after the newborn period without complications at birth may be covered, if medically necessary or where an extended authorization period is necessary to access the medical services. Referral and authorization is required for coverage.

Please be aware that not all countries offer male circumcision routinely. If you plan to have your baby boy circumcised, please ensure that you ask your Obstetric care provider if this can be arranged shortly following delivery. If this is not possible, please contact your [TOP Regional Call Center](#) during pregnancy or immediately after delivery so sourcing for provider options for this elective procedure can be considered.



NEWBORN IMMUNIZATIONS

For recommended immunizations please visit the Centers for Disease Control and Prevention website at <http://www.cdc.gov/vaccines>.

Please note that immunization schedules vary from country to country. You should keep a record of when your child is immunized, the vaccine batch number and date of the vaccine expiration for each immunization your child is administered.

If you have any concerns regarding your child's immunization regimen, please speak with your child's pediatrician/provider.

USEFUL INFORMATION AND WEB RESOURCES

Additional information about TRICARE covered benefits and exclusions during pregnancy and delivery can be found at:

ADDITIONAL INFORMATION AND RESOURCES	
TRICARE Overseas Program Website	www.tricare-overseas.com
TRICARE Area Office Eurasia-Africa (TAO-EA)	Location: Sembach, Germany Phone: +49-(0)06371-9464-2999 DSN: 314-590-2999 Toll-free: 1-888-777-8343 (<i>If calling from the U.S.</i>) Email: tma.sembach.medcom-ermc.mbx.teoweb-tao-ea@mail.mil
TRICARE Area Office-Pacific (TAO-P)	Location: Okinawa, Japan DSN: 315-645-4854 Commercial: +81-98-970-9155 Email: dha.ncr.health-opns.mbx.dha-tao-pacific@mail.mil
TRICARE Area Office Latin America & Canada (TAO-LAC)	Location: 7800 IH-10 West, Ste 815, San Antonio, TX 78230-4761 Phone: +1-210-536-6200 DSN: 312-761-1153 (<i>Select Option 1 and then extension 536-6200</i>) Email: dha.taolac@mail.mil
TRICARE Benefits Website	http://www.tricare.mil/mybenefit/
TRICARE Maternity Fact Sheet and Cost Shares	http://www.tricare.mil/LifeEvents/Baby/PregnancyCare.aspx TRICARE Reimbursement Manual: Chapter 2, Section 1, Cost-Shares and Deductibles, Paragraph 1.3.3.3.
TRICARE Smart Site	http://www.tricare.mil/smart
TRICARE Breast Pump Policy	http://www.tricare.mil/breastpumps
DEERS (MilConnect)	https://milconnect.dmdc.osd.mil/milconnect/
American Academy of Family Physicians	http://www.aafp.org
American Academy of Pediatrics	http://www.aap.org/
Centers for Disease Control and Prevention	http://www.cdc.gov/
Centers for Disease Control and Prevention Growth Charts	http://www.cdc.gov/growthcharts/charts.htm
Mayo Clinic: USA	http://www.mayoclinic.com/health/pregnancy-week-by-week/MY00331 http://www.mayoclinic.com/health/healthy-baby/PR00026

IMPORTANT CONTACT INFORMATION

International SOS is available to assist 24 hours a day, 7 days a week. Please contact your TOP Regional Call Center at any time if you have questions or concerns.

TOP REGIONAL CALL CENTER	
Eurasia-Africa Region	Phone: +44-20-8762-8384 Email: tricarelon@internationalsos.com Fax: +44-20-8762-8125
Pacific Region	Phone: +65-6339-2676 Email: sin.tricare@internationalsos.com Fax: +65-6336-0921
Latin America Region	Phone: +1-215-942-8393 Email: tricarephl@internationalsos.com Fax: +1-215-773-2701

Country-specific toll-free numbers are available at tricare-overseas.com/Contact-Us

NEAR PATIENT PROGRAM (NPP) SPECIFIC COUNTRY LOCATION CONTACT DETAILS						
Country	MTF /Enrolled Location	Toll Free Contact Number	Country	MTF /Enrolled Location	Toll Free Contact Number	
Bahrain	Bahrain	80081346	Japan	Iwakuni	0120165326	
	TOP Remote			Camp Fuji		
Belgium	Brussels & Shape	080089256		Camp Zama	0120165327	
	TOP Remote Areas			Yokota		
Germany	Ansbach	08001006464		Misawa		
	Grafenwoeh			Yokosuka		
	Hohenfels			Atsugi		
	Vilseck			Futenma		
	Bavaria MEDDAC			Camp Bush		
	Geilenkirchen	08001006465		Kadena	0120165339	
	Baumholder	08001010832		NH Okinawa		
	Kaiserslautern			Camp Hansen		
	Landstuhl			Camp Kinser		
	Ramstein			Camp Foster		
	Spangdahlem	08001012429		Camp Schwab		
	Stuttgart	08001013819		Sasebo	0120165571	
	Wiesbaden	08001233330		TOP Remote Areas	0120165582	
	TOP Remote Areas	08001510020	South Korea	Camp Humphreys	0800014593	
Greece	Souda Bay	080044144767				Seoul
	TOP Remote Areas					Yongsan
Italy	Aviano	800928032		Osan	0800014595	
	Capodichino &	800928033		Camp Casey		
	Naples			Chinhae	0800014594	
	Sigonella	800928034		Kunsan		
	Vicenza	800928035		Camp Walker		
TOP Remote Areas	800928036		Camp Carroll			
Luxembourg	TOP Remote Areas	80085500		Camp Stanley	0800014596	
Netherlands	TOP Remote Areas	08000250118		Camp Red Cloud		
Poland	TOP Remote Areas	800999868		TOP Remote Areas		
Spain	Rota	900031074				
	TOP Remote Areas	900031075				

PREGNANCY HISTORY QUESTIONNAIRE

TO BE COMPLETED BY TRICARE PRIME REMOTE OVERSEAS BENEFICIARIES ONLY!

The following questionnaire offers the Medical Team important information to assist in guiding your health care requirements for pregnancy, labor, and delivery. The medical team will ask these questions during a call, to assist in your care coordination. If preferred, you can complete and return this form by reply email. **REMEMBER to password protect the form before attaching and returning by reply email to International SOS.** A reply email includes a unique identifier for your pregnancy case number – this detail is in the subject heading of the email we sent with your authorization and this pregnancy brochure link. Please feel free to contact us 24/7 by telephone and **press Option 1 to discuss your responses** and any other questions you may have.

Full Name _____

Please mark any past / present medical history that you may have / had previously:

YES	NO	YES	NO
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Date of last Menstrual Cycle _____ **Estimated date of delivery** _____

Has your current pregnancy been medically confirmed by a Doctor? Yes No

Number of previous pregnancies _____

Number of children and their ages _____

Type of previous delivery Vaginal C-Section

Details of previous pregnancy and delivery (Examples: weight of baby, twins or other multiple, epidural, induced labor)

Do you have any medical concerns related to your current pregnancy? If “Yes” and you wish to speak to a member of the Medical Team, please call the TOP Regional Center for your current location.

Do you take any regular medicines? (Include any prenatal vitamins)

Do you have a preferred provider or location for delivery?

Where are you planning to receive your prenatal care / scans?

For a male newborn, will you be planning circumcision? Yes No

Blood Group (if known) _____ **Rh** (if known) _____

Do you have policy coverage questions that you would like to discuss?



International SOS Government Services, Inc.

**WORLDWIDE REACH.
HUMAN TOUCH.**

REVISED: OCTOBER 2023



International SOS administers the TRICARE Overseas Program (TOP) benefit.
www.tricare-overseas.com