



BEFORE YOU DELIVER!



According to pediatric guidelines, newborn babies need their first well-baby checkup at 3-5 days of life.

NHCL Medical Home Port is NOT currently accepting newborns. Please find a network provider for your newborn **BEFORE** giving birth at [TRICARE-West.com](https://www.TRICARE-West.com).

Things to remember:

- Go to [TRICARE-West.com](https://www.TRICARE-West.com) to view the list of network providers in the area.
- Your baby can be seen by a Pediatrician, Nurse Practitioner, Physician Assistant or Family Practice Doctor.
- **After selecting a provider, please call to ensure the provider is accepting new patients.**
- Once delivered, inform Adventist staff of your selection and they will assist in scheduling baby's first appointment.
- **If possible, please ensure your well baby checkup is scheduled prior to discharge from hospital.**

Informative Websites

<https://tricare.mil/CoveredServices/IsItCovered/MaternityCare>

<https://tricare.mil/LifeEvents/Baby/GettingTRICAREforChild>

<https://www.TRICARE-West.com>