



Congratulations! You are pregnant! Now what happens?

Once you have a confirmed pregnancy test the Naval Health Clinic Lemoore OB/Gyn Clinic will submit a referral for civilian obstetric care.

- ❖ If you have TRICARE Prime as your TRICARE plan, your referral will be sent to TRICARE for authorization and you will be authorized to a civilian OB for your obstetric care. The referral and authorization process can take 5-10 business days to complete.
 - You will need to register at www.TRICARE-west.com secure portal to access your paperless authorization and personal health information.
 - Once your referral is authorized please call network provider phone number listed on your authorization to schedule your first appointment.
 - Your authorized OB provider will provide and manage Prenatal Care, Antepartum Services, Labor and Delivery, and Post-partum Care.
 - If you would like to change the authorized provider to another network provider prior to your initial appointment, you can access the network provider directory at <https://www.TRICARE-west.com/content/hnfs/home/tw/bene.html> to locate a new network provider and then call TRICARE at 1-844-866-9378 to request the provider change.
 - You will still need to see your PCM for routine care
- ❖ If you have TRICARE Select as your plan, you will not need an authorization from TRICARE. You will be contacted by NHCL Referral Management, they will offer to send the referral to the OB of your choice or provide you a copy of the referral to take to your initial OB appointment.

There may be deductibles, copays and cost shares related to obtaining care with a TRICARE Provider

- ❖ TRICARE Prime- **A REFERRAL AND AUTHORIZATION IS REQUIRED**
 - Active duty service members and active duty family members have no costs for maternity care under the TRICARE Prime option.
 - Retiree's and retired dependents will have copays and cost shares, the fees are determined by plan and group, please visit <https://TRICARE.mil/Costs/Compare> for exact costs.
- ❖ All others, including those enrolled in TRICARE Select, TRICARE Reserve Select, or TRICARE Retired Reserve
 - Medically-necessary prenatal care is covered and does not require a copay.
 - Deductible, copay and cost share fees are determined by plan and group, please visit <https://TRICARE.mil/Costs/Compare> for exact costs.

For All Active Duty Members Only-You MUST schedule your 2 and 6 week appointments at Naval Health Clinic Lemoore OB/GYN Clinic

To locate a TRICARE Network OB provider

Please go to <https://www.TRICARE-west.com/content/hnfs/home/tw/bene.html> or you can contact TRICARE at 1-844-866-9378 and request a list of providers to be mailed to you.

Breast Pump-Breast pump prescriptions may be obtained from OB provider that you have been referred after 28 weeks.

Newborn Care-The baby will receive care through med home port if you are Tricare prime, please call Ms. Paula Smith 559-998-2232 after delivery to schedule first appointment between 3 and 5 days of baby's life.

Informative Websites

- ❖ <https://tricare.mil/CoveredServices/IsItCovered/MaternityCare>
- ❖ <https://tricare.mil/LifeEvents/Baby/GettingTRICAREforChild>