

# April: Month of the Military Child

An Important Part of our Military Force



TRICARE TIPS FOR HEALTHY LIVING  
IN SUPPORT OF OPERATION LIVE WELL

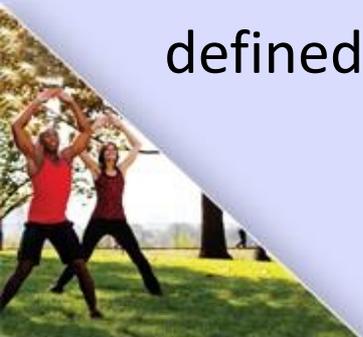


# Pregnancy Care

A mother with regular prenatal care has a better chance of having a healthy infant. Start prenatal care early and keep it up. Make changes in your diet and habits to be the best role model for your child and family.

TRICARE covers all medically-necessary pregnancy care, defined by the plan you are enrolled in.

[www.tricare.mil/MaternityCare](http://www.tricare.mil/MaternityCare)



# New baby? Enroll them in DEERS

Making your newborn part of your official military family starts by enrolling them in DEERS.

Children of Active Duty Service Members are automatically covered as TRICARE Prime for 60 days after birth or adoption. On day 61, your child will lose Prime coverage and revert to TRICARE Standard. If you would like them to have Prime, you must enroll them, it is not automatic.

[www.tricare.mil/DEERS](http://www.tricare.mil/DEERS)





# Ensuring Coverage

If your family has chosen TRICARE Standard, your child is automatically covered. Coverage will be continuous as long as you register your child in DEERS within 365 days of birth or adoption.

To find an ID card-issuing facility:  
[www.dmdc.osd.mil/rsl](http://www.dmdc.osd.mil/rsl)



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# As They Grow

During well-child visits, your child's healthcare provider will review their growth and developmental milestones. Each well-child visit is a time for reviewing changes and growth.

[www.tricare.mil/well-child](http://www.tricare.mil/well-child)



# Good Nutrition, Better Health



If you can, breastfeeding is a great way to start with good nutrition!

TRICARE covers [breast pumps](#) and breast pump supplies at no cost for new mothers, including mothers who adopt an infant and plan to breastfeed.

As children grow and eat more solid foods, remember that good childhood eating patterns can prevent disease now and as your child ages.



# Immunizations

Immunizations protect children from several serious childhood diseases (diphtheria, polio, etc).

Remember to stay updated in YOUR immunizations as your health can keep your child healthy too!

TRICARE covers age-appropriate doses of vaccines at no cost to TRICARE beneficiaries and regularly adds coverage for new vaccines based on CDC recommendations.

[www.tricare.mil/vaccines](http://www.tricare.mil/vaccines)



# Resiliency in Military Children

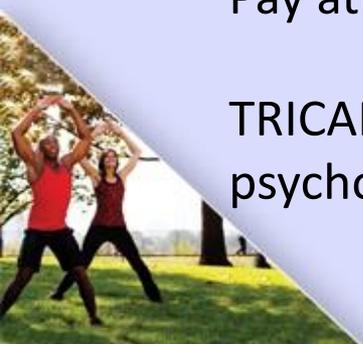
Military children and families are unique in many ways. Remember to share stressors of deployment, separation, family illness, adjustment to moves, and mood changes with their health care provider.

Additional stressors mean Military families need resources to cope and become resilient and flexibility in understanding their feelings.

Pay attention to your children's reactions to stressful situations.

TRICARE covers mental/behavioral health care that is medically or psychologically necessary.

[www.tricare.mil/MentalHealth](http://www.tricare.mil/MentalHealth)





# Need More Information?

TRICARE.mil houses information about the TRICARE benefit. Whether beneficiaries are looking for specific benefit information or tips to live well, it is available online.

Operation Live Well, is focused on leading a physically, mentally, socially and spiritually healthy lifestyle throughout the military community, during the holidays and all year long. Join the Military Health System's campaign and Live Well!

[www.tricare.mil/livewell](http://www.tricare.mil/livewell)

[www.health.mil/olw](http://www.health.mil/olw)



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