

## Having a Baby in Remote Locations

When you learn that you are pregnant, work with your provider to ensure that you know the recommended times for pre-natal examinations and how you are going to access that care. The number and timing of visits are determined by you and your provider. Higher risk pregnancies may require more frequent visits.

### Active Duty Service Members

Inform your Command at the earliest possible time to ensure that your duty activities are appropriate for pregnancy. You will be required to deliver at the medical facility recommended by your military health care provider. If enrolled in TRICARE Global Remote Overseas (TGRO), this recommendation will come from the TAO-Pacific Medical Director and the recommendation will either be the nearest capable host nation medical facility or a military treatment facility (MTF).

### Active Duty Family Members

You should determine where you wish to deliver your child. For those in areas with robust medical support, you can usually remain in place for delivery. For others in areas of limited medical support or for those with higher risk pregnancies, we will recommend that you move to a more capable location. International SOS and the TAO-Pacific will advise you on choosing a location. If you decide to move to another location for delivery, you can go to the nearest capable civilian facility, or MTF with Stork's Nest (lodging) capability awaiting delivery. You may also elect to return to a U.S. location to deliver where you may have more support such as family and friends.

For health and safety reasons, pregnant patients cannot fly after a certain point in their pregnancy and there are specific dates and requirements depending on the airline. For most uncomplicated pregnancies, that travel needs to occur before 36 weeks of pregnancy. If this is a high risk pregnancy, then the "Travel No Later Than Date" may be much earlier, perhaps 30 weeks or earlier, depending on the mom's particular needs. TRICARE covers the **medical** costs of prenatal care and delivery, as long as the provider is a TRICARE/TGRO-authorized provider.

To ensure coverage, TGRO patients should coordinate care through the TGRO Call Center or, if the intended delivery location is in the States, the TAO-Pacific. If care is arranged outside of a TRICARE/TGRO-authorized provider, there may be a significant out of pocket expenses.

Travel and per diem costs for the patient and any attendants are covered by the Sponsor's unit if the delivery is at the nearest capable medical facility or a MTF. The Sponsor should work with his/her command to arrange the funding no later than one month before the anticipated travel date. Travel and per diem costs for patients electing to travel back to the United States are the responsibility of the Sponsor and the Sponsor should inform their Command of this intention and seek any support available.