



# New Parents

- **Proof-of-Birth Letter.** This will be given to you before leaving the hospital, and may be used in place of the birth certificate to register the baby in DEERS.
- **Original Birth Certificate.** The forms to request the birth certificate from the Virginia Bureau of Vital Statistics will be given to you before you leave the hospital. The birth certificate will be mailed to you three to five weeks after sending in the request.
- **DEERS Registration.** Register your baby in DEERS (Defense Enrollment Eligibility Reporting System) as soon as possible to establish TRICARE eligibility and allow enrollment into TRICARE Prime.
  - This can be done by the sponsor (or other parent or legal guardian with a Limited Power of Attorney) at a personnel office or ID card facility.
    - To locate a personnel office or ID card facility near you, call 1-800-538-9552, or go online: <https://www.dmdc.osd.mil/rsll>
    - To schedule an appointment with an ID card facility, go to: <https://rapids-appointments.dmdc.osd.mil/>
  - You will need:
    - DD Form 1172 (ID Card Application)
    - Proof-of-Birth Letter or Birth Certificate
    - Parents' Marriage Certificate
  - The baby must also be added to Page 2 of the sponsor's Personnel Record.
  - Children not registered in DEERS by their first birthday will lose TRICARE eligibility.
  - When both parents are service members, decide who will be designated as the baby's sponsor in DEERS. A Health Benefits Advisor or TRICARE Service Center can explain the options, and give you an *Authorization to Disclose Information* form, which the non-designated parent will need for TRICARE-related matters.
- **Secretary of the Navy Designee Status.** Newborns of unwed dependent daughters are not eligible for TRICARE benefits unless:
  - The newborn's father is a service member & registers the baby in DEERS;
  - The unwed daughter's sponsor legally adopts the newborn; or
  - Secretary of the Navy Designee status is authorized by the military treatment facility (MTF) Commander (limited, space-available care only)
- **Establish Paternity.** If paternity is an issue, such as to determine eligibility, testing should be done as soon as possible after the baby's birth. Paternity establishment forms are available from the hospital's admissions office. *NOTE: Paternity testing is not covered by TRICARE. Testing is at your expense.*
- **Choose a TRICARE Program and Doctor.** Decide which TRICARE option is best for you.
  - **TRICARE Prime** is a low-cost, managed care option that requires enrollment. All newborns are covered by Prime for the first 60 days (if one other family member is also in Prime). However, if the baby is not registered in DEERS *and* enrolled in Prime within 60 days, the coverage will change to TRICARE Standard.
    - Depending on where you live and the availability of providers, your baby may be assigned to either an MTF or civilian practice.
  - **TRICARE Extra** and **TRICARE Standard** are preferred-provider and fee-for-service options. There is no enrollment, but DEERS eligibility is required. Access to care within a military treatment facility is on a space-available basis, and there are deductibles and cost-shares associated with care received in the civilian network. TRICARE Extra is less costly.

*See the other side for additional TRICARE information and assistance contacts and resources*

## NMCP Health Benefits

Building 3, 3rd Floor; Mon-Fri, 7 a.m.—3:30 p.m.  
(757) 953-2610/2611

## NMCP TRICARE Service Center

Health Net Federal Services  
Building 249 (next to parking garage)  
Mon—Fri, 7:30 a.m.—4:30 p.m.  
1-(877) 874-2273



## Appointments & Specialty Referral Status

Hampton Roads Appointment Center  
Mon—Fri, 6 a.m.—8 p.m.  
S, S & Holidays, 7 a.m.—3:30 p.m.  
1-(866) 645-4584

## To Schedule a Presentation

TRICARE Operations—Marketing  
(757) 953-6153/6048

## Health Benefit Advisors

### **Naval Medical Center Portsmouth**

Building 3, 3rd Floor,  
620 John Paul Jones Circle  
Portsmouth, VA 23708  
(757) 953-2610/2611  
Monday – Friday, 7:00 a.m. – 3:30 p.m.

### **Sewells Point Branch Health Clinic**

Norfolk Naval Base  
1721 Taussig Boulevard  
Norfolk, VA 23511  
(757) 953-8708  
Monday – Friday, 7:30 a.m. – 3:30 p.m.

### **Adm Joel T. Boone Branch Health Clinic**

Joint Expeditionary Base Little Creek  
1035 Nider Boulevard  
Norfolk, VA 23521  
(757) 953-8183/8185  
Monday – Friday, 7:30 a.m. – 3:30 p.m.

### **Oceana Branch Health Clinic**

Naval Air Station Oceana  
1550 Tomcat Boulevard  
Virginia Beach, VA 23460  
(757) 953-3933 (Option 7)  
Monday – Friday, 7:00 a.m. – 3:20 p.m.

### **Yorktown Branch Health Clinic**

Naval Weapons Station Yorktown  
P.O. Box 90  
Yorktown, VA 23291  
(757) 953-8441  
Monday – Friday, 7:30 a.m. – 3:30 p.m.

### **Northwest Branch Health Clinic**

Naval Support Activity Northwest Annex  
4501 Relay Road  
Chesapeake, VA 23322  
(757) 953-6246  
Monday – Friday, 7:30 a.m. – 3:30 p.m.

### **TRICARE Prime Clinic Virginia Beach**

2100 Lynnhaven Parkway, Suite 201  
Virginia Beach, VA 23456  
(757) 953-6710/6711  
Monday – Friday, 7 a.m. – 3:45 p.m.

### **TRICARE Prime Clinic Chesapeake**

1011 Eden Way North, Suite 8  
Chesapeake, VA 23320  
(757) 953-6382  
Monday – Friday, 7:30 a.m. – 4 p.m.

### **Langley Air Force Base**

77 Nealy Avenue  
Hampton, VA 23665  
(757) 225-5111

### **Fort Eustis**

McDonald Army Community Health Center  
576 Jefferson Avenue  
Newport News, VA 23604  
(757) 314-7939

### **USCG Training Center**

Route 238  
Yorktown, VA 23690  
(757) 856-2230/2345

## Other Helpful Phone Numbers at Naval Medical Center Portsmouth

Admissions Office - (757) 953-1509/1510  
Birth Registrar - (757) 953-4809  
Emergency Room - (757) 953-1365  
Information Desk - (757) 953-5000  
Neurodevelopmental Pediatric Clinic - (757) 953-7379  
Patient Information - (757) 953-5002  
Pediatric Clinic - (757) 953-7337  
Pharmacy - (757) 953-0258  
Secretary of the Navy Designee Office - (757) 953-7750/7754  
Women's Health (OB/GYN) - (757) 953-4300

## Internet Resources

TRICARE - [www.tricare.mil](http://www.tricare.mil)  
DEERS - [www.tricare.mil/DEERS](http://www.tricare.mil/DEERS)  
Health Net Federal Services - [www.hnfs.net/content/hnfs/home/tn/bene.html](http://www.hnfs.net/content/hnfs/home/tn/bene.html)  
NMCP - [www.med.navy.mil/sites/nmcp](http://www.med.navy.mil/sites/nmcp)  
Pharmacy - [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE)