



Pregnancy and Delivery in Remote Areas

Pregnancy and delivery are joyous, but challenging events. Assignment to a remote area can make this even more challenging. Some of you are assigned to locations where host nation care is world class, but others are in areas with much more austere medical support. We want to ensure that each of you receive the medical support you need to ensure a safe and successful pregnancy and delivery.

First, plan early.

- 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.
- If you are an Active Duty member, 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. In the case of TGRO assigned Service Members, this recommendation will come from the TAO-P Medical Director and the recommendation will either be the nearest capable host nation medical facility or MTF.
- For 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. ISOS and this office 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 nearest Military Treatment Facility (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 Authorized Provider or TGRO/ISOS Authorized Provider. In order to ensure coverage, TGRO patients should arrange care through ISOS or, if the intended delivery location is in the States, this office. If care is arranged outside of a TRICARE Authorized Provider or without TGRO/ISOS authorization, 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 fund cite 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.

Remember, plan early and remain flexible. Challenges and surprises occur frequently. We will do whatever we can to support you and your family.

CAPT James Marron
Medical Director, TRICARE Area Office-Pacific
DSN 315-643-2054 / Comm 011-81-611-743-2054