

# Breastfeeding



## Breastfeeding class

Women's Health offers a breastfeeding class from 7 to 9 p.m. on the third Tuesday of the month, and every fourth Saturday from 10 a.m. to noon, except federal holidays. Classes are held in the clinic's reception area. This class includes:

- Why breast milk?
- How to nurse without pain
- How to know if baby is getting enough
- What to do if baby does not latch to breast,
- Breast pumps and other gadgets
- How to get dad involved
- When to call for help

## Lactation support group

In addition to these classes, lactation consultants of the Women's Health Clinic offer a support group which meets in the clinic's

reception area on the second Saturday of each month. Lactation consultants try to meet with new moms and babies after the baby's birth, before discharge from the Mother Baby Unit.

To learn more about this support group, talk to your provider, or to any Women's Health staff member.

## Breast pumps

TRICARE covers breast pumps, breast pump supplies and breastfeeding counseling at no cost for new mothers, including mothers who adopt an infant and plan to breastfeed.

## Who can get a manual or standard electric breast pump, supplies, and breastfeeding counseling services?

All TRICARE-eligible female beneficiaries with a birth event. A birth event includes a

pregnant beneficiary or a female beneficiary who legally adopts an infant and intends to personally breastfeed. You can get these items after delivery. It doesn't matter what TRICARE plan you use (TRICARE Prime, Standard, the US Family Health Plan, TRICARE Reserve Select, etc.) or your sponsor's status (active duty, retired, Reserve/National Guard).

### **Where can we get a pump after we receive our breast pump script from our provider?**

You can get a breast pump from any:

- Network or durable medical equipment provider (contact your regional contractor)
- Commissary (run by the Defense Commissary Agency)
- Military exchange store of the Army and Air Force Exchange Service (AAFES), or of the U.S. Navy, Marine Corps, or Coast Guard.
- Civilian stateside and overseas retail stores (such as Walmart, Target, etc.)
- Online stores (such as amazon.com, overstock.com; standard shipping and handling is covered).

There is not a specific list of approved providers of breast pumps. Please refer to [tricare.mil/breastpumps](http://tricare.mil/breastpumps) for more information.

### **I bought a breast pump. How do I get reimbursed?**

#### **Step 1: Find your receipt**

- Your receipt must show you bought the pump on or after Dec.19, 2014.
- You must have been eligible for TRICARE on the date you bought it.
- If you can't find your receipt, you bought the pump before Dec. 19, 2014, or you weren't eligible when you bought it, you can't get reimbursed.

#### **Step 2: Get a prescription**

- You must get your prescription from a TRICARE-authorized provider (doctor, physician assistant, nurse practitioner, or nurse midwife)
- The date on the prescription can be after the date on your receipt.
- Your prescription doesn't have to specify a brand.
- We suggest you make a copy of your prescription for your records.

#### **Step 3: File a claim**

- Complete the DD Form 2642.
- Attach a copy of your prescription and receipt to the completed form.
- Mail both items to your TRICARE claims processor. The regional contractor will mail the check.

For more information on claims, please visit [tricare.mil/claims](http://tricare.mil/claims).



#### **Women's Health Clinic**

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