

# Childbirth and Breastfeeding Support Demonstration

## Are you enrolled in TRICARE Prime® or TRICARE Select®?

The TRICARE Childbirth and Breastfeeding Support Demonstration (CBSD) is introducing three new, non-medical professionals to your network for childbirth and breastfeeding support services.

In most cases, you don't need a referral to see these professionals. If you're enrolled in TRICARE Prime®, you need a referral from your primary care physician or manager if you see a non-network provider. Point-of-service charges may apply without the referral.

## Childbirth Support and Certified Labor Doulas

**Labor doulas** are trained, non-medical providers who provide support for the birthing parent before, during, and after labor. TRICARE will cover up to six visits by a certified labor doula before you give birth or after you give birth. You also get one visit during birth. This benefit doesn't apply if you plan to give birth at a military hospital or clinic.

The CBSD will cover certified network doulas at no additional cost to you. To qualify, you must:

- Be at least 20 weeks pregnant
- See a TRICARE-authorized provider for your birth event

## Breastfeeding Support and Lactation Counselors and Consultants

**Lactation counselors** provide breastfeeding counseling to support normal lactation and breastfeeding parents.

**Lactation consultants** provide a full range of breastfeeding care, including support for breastfeeding complications.

The TRICARE breastfeeding benefit offers six sessions of breastfeeding counseling with an individual, TRICARE-authorized provider. As part of the CBSD, the benefit now includes individual and group breastfeeding counseling sessions with certified lactation counselors and consultants that aren't medical providers.

There are no cost-shares, copayments, or deductibles for covered breastfeeding counseling services. Additional charges may apply for out-of-network services. To qualify, you must:

- Be at least 27 weeks pregnant, or give birth prior to 27 weeks
- Qualify for TRICARE's breastfeeding support benefit

If you or your provider don't qualify for breastfeeding support services under this demonstration, you may qualify under the existing TRICARE breastfeeding benefit.

The CBSD will run from Jan. 1, 2022 to Dec. 31, 2026. The CBSD will expand overseas on Jan. 1, 2025.

For more information, visit [www.tricare.mil/CBSD](http://www.tricare.mil/CBSD)

