

Information for breastfeeding military mothers



TRICARE LACTATION POLICY

POLICY: The National Defense Authorization Act (NDAA) 2015 authorized expanded coverage of breast pumps, breastfeeding supplies and lactation counseling for ALL pregnant TRICARE beneficiaries and those beneficiaries who legally adopt and plan to breastfeed an infant. Breastfeeding equipment, supplies and counseling are preventative services, so cost-shares and co-pays are waived.

EFFECTIVE DATE: 19 Dec 2014 **IMPLEMENTATION DATE:** 01 Jul 2015

ITEM	DESCRIPTION and REQUIREMENTS
Heavy Duty Hospital Grade Breast Pump and Supplies	<ul style="list-style-type: none"> -Requires a prescription from a TRICARE authorized physician, physician assistant, nurse practitioner or nurse midwife. -Must be obtained from a TRICARE authorized provider, supplier or vendor. -Covered for mothers of premature infants while infant is hospitalized in the immediate postpartum period. -Covered to support initiation of lactation for mothers and infants who are separated due to illness, or who are unable to feed directly from the breast due to infant or maternal complications, congenital anomalies, induced lactation, relactation, adoption or other medical conditions that prevent effective feeding at the breast. -Continued use may be authorized after the infant is discharged from the hospital if the physician provides documentation of medical necessity. When no longer needed, a manual or standard electric breast pump may be covered.
Manual and Standard Electric Breast Pumps, Supplies and Kits	<ul style="list-style-type: none"> -Requires a prescription from a TRICARE authorized physician, physician assistant, nurse practitioner or nurse midwife. -The prescription must indicate the type of breast pump prescribed (manual or standard electric). -Must be obtained from a TRICARE authorized provider, supplier or vendor, any military exchange, civilian retailer or pharmacy, or online store. -One manual or standard electric is covered for each birth event (newborn birth or adoption). -Breastfeeding supplies (to include breastpump kits, storage bags, bottles for the pump, adaptors) are covered up to 36 month post birth event. -If the beneficiary pays out-of-pocket for a covered pump or supplies, a request for reimbursement should be submitted to the TRICARE Regional Managed Care Support Contractor for their Region (NORTH, SOUTH or WEST) along with an itemized receipt and claim form 2642.
Lactation Counseling	<ul style="list-style-type: none"> -Up to 6 individual outpatient lactation counseling sessions are covered per birth event. These sessions are in addition to any counseling received during inpatient maternity stay, any OB visit or well-child visit. -Counseling sessions are covered and reimbursed when billed using the preventative counseling codes, counseling is the ONLY service provided, and counseling is provided by a TRICARE authorized professional provider, outpatient hospital or clinic.
Exclusions	<ul style="list-style-type: none"> -Breast pump batteries, battery-powered adaptors, battery packs and cleaning supplies. Travel bags, ice packs, labels. -Regular baby bottles, nipples, caps and lids. Baby weigh scales. -Nursing bras, hands-free pumping garments, bra pads, breast shells, nipple shields. -OTC creams, ointments and products for breastfeeding conditions.

How do I get a prescription for the breast pump and supplies?

Your HCP needs to write one for you. It can be your PCM, OB, Family Practice, Pediatrician, pretty much anyone with prescribing authority. The prescription *must* state what kind of pump you need: hospital-grade, electric or manual.

Are there caps on the price of the pump?

As of July 1st 2015 TRICARE has not YET set a dollar limit for the purchase of one *basic* manual pump or one *standard* electric pump. Use your best judgment when purchasing your breast pump, keeping in mind 'basic' and 'standard'.

What brands of pumps are covered?

Any brand of pump is covered.

Where can I purchase a breastpump?

Breastpumps need to be purchased from a TRICARE-authorized provider, supplier or vendor. That includes:

- Any firm, supplier or provider that is authorized under Medicare
- Any commissary that is part of DeCA
- Any PX, BX, NEX, CGX or Military Exchange operated by AAFES
- Any civilian retail store (Target, Walmart, Babies R 'Us, etc.)
- Any online store (Amazon, etc.)

The easiest way to get your pump is through a TRICARE-approved pharmacy, TRICARE-approved pump dealer, or DME (Durable Medical Equipment) provider. There all you have to do is hand over your prescription and they hand you a pump with no money out-of-pocket.

How do I get reimbursed?

Fill out the claim form (DD2642) and submit it with your itemized receipt and prescription. ****IT CAN TAKE UP TO 60 DAYS FOR THE CLAIM TO BE PROCESSED**.**

What types of breastfeeding supplies are covered and do I need a separate prescription for them?

Up to 2 pump kits, tubing, flanges, power adaptors, storage bags and bottles (for that particular pump) are covered for up to 36 months post birth event. Nothing else is covered. You do NOT need a prescription for the supplies, only for the breast pump itself. Submit your claims for supplies as often as you need to for up to 36 months post birth event.

I am Active Duty or in the Reserves/Guard and use TRICARE Reserve (Select, etc.) do I still qualify for a pump?

Yes. Any type of TRICARE coverage qualifies you for a pump, supplies and lactation counseling. Prime, Standard, Reserve, you-name-it. If it's TRICARE you are covered.

I'm pregnant, can I get a pump now?

Yes. Although the policy doesn't specifically address this, you can buy a pump and supplies, while you are pregnant.

My baby was born before Dec 19, 2014, can I still get a pump? My baby is almost one, can I still get a pump, supplies or counseling?

Yes. Coverage is based on when you *purchased* the breast pump and supplies, *NOT* when the baby was born. As long as you bought the pump *after* December 19th, you will be reimbursed. Supplies are covered for up to 36 months after the birth event.

If I have another baby in a few years will I be able to receive another pump? I had 2 children 14 months apart, can I receive a breast pump, supplies and counseling for each child?

Yes. The policy states that pumps, supplies and lactation counseling are to be given to moms "per birth event", so you can get all of the above for each child that you choose to bring into this world or adopt. The 36 month coverage for breastfeeding supplies begins again with each "birth event".