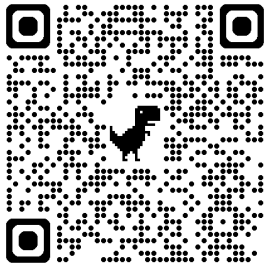
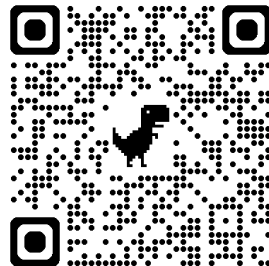


Stuttgart Military Community



**My Army Post App—
Google Version**



**My Army Post App—
Apple Version**

24/7 Emergency Services

On Base DSN: MP 110/114 Fire 112
CIV MP: +49 611-143-596-3081
CIV Fire & ES: +49 611-143-593-3473
German Police (non-DSN): 110
German Fire/EMS (non-DSN): 112

Patch Clinic Mental Health

CIV: +49(0)6371-9464-1615
DSN: 314-590-1615

Crisis Hotline

CIV: +49 172-577-3751

Domestic Violence Hotline

CIV: 0172-577-4927

Chaplain Crisis Line

CIV: 07031-15-3079
After Hours, call MP

Poison Control

CIV: 1(800) 222-1222

Patient Liaison

CIV: 06371- 9464- 1606

After 1630, call MP

Nurse Advice Line 24/7

+49(0) 6371-9464-2900,
option 2

24/7 International SOS

CIV: +44-20-8762-8384
Toll Free: 0-800-589-1599



Stuttgart Military Community

Pregnancy to Childbirth

Detailed Reference Guide

As of March 2026



NAME: _____

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Recommended Internet Resources

General Information/Resources

- [Depression During or After Pregnancy](https://www.healthquality.va.gov/HEALTHQUALITY/guidelines/WH/up/Pregnancy-Postpartum-Depression-Infographic_2Jan2024.pdf): https://www.healthquality.va.gov/HEALTHQUALITY/guidelines/WH/up/Pregnancy-Postpartum-Depression-Infographic_2Jan2024.pdf
- [CDC Immunization Schedule](https://www.cdc.gov/vaccines/imz-schedules/index.html): <https://www.cdc.gov/vaccines/imz-schedules/index.html>
- [CDC Vaccine Travel Recommendations for Families](https://www.cdc.gov/yellow-book/hcp/family-travel/travel-vaccine-recommendations-for-infants-and-children.html): <https://www.cdc.gov/yellow-book/hcp/family-travel/travel-vaccine-recommendations-for-infants-and-children.html>
- [Free Mount Sinai Parenting Support Videos for Every Age](https://parenting.mountsinai.org/for-parents): <https://parenting.mountsinai.org/for-parents>
- [American Academy of Pediatrics, Well Child Visit Parent Education](https://www.aap.org/en/practice-management/bright-futures/bright-futures-family-centered-care/well-child-visits-parent-and-patient-education/): <https://www.aap.org/en/practice-management/bright-futures/bright-futures-family-centered-care/well-child-visits-parent-and-patient-education/>
- [National Institute of Child Health, Safe to Sleep/SIDS education](https://safetosleep.nichd.nih.gov/): <https://safetosleep.nichd.nih.gov/>
- [Period of Purple Crying mobile App](#) addressed normal crying characteristics, soothing techniques, coping strategies, safe sleep practices, infant safety, and self-care for parents.
- [UCLA Health, Newborn Manual for New Parents](https://www.uclahealth.org/sites/default/files/documents/fc/newbornhandbookcoverbooklet.pdf?f=867ed880): <https://www.uclahealth.org/sites/default/files/documents/fc/newbornhandbookcoverbooklet.pdf?f=867ed880>
- [National Maternal Mental Health Hotline](https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline): <https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline>
- [Postpartum Support International](https://postpartum.net/): <https://postpartum.net/>

Host Nation Support– Not Endorsed by MTF

- [Gravidamiga Pregnancy & Babies](https://gravidamiga.com/): Services include Birth Preparation Courses, Yoga (pre- and post-birth), Postpartum Recovery Courses, and Workshops such as Breastfeeding & Formula, Baby & Me- all in English.

<https://gravidamiga.com/>

CONCLUSION

We hope this guide proved beneficial during your pregnancy. The following page offers additional online resources.

Please feel free to help us improve future versions of this guidebook by providing feedback and constructive input.

You can provide recommendations in person to any of the MTF employees or submit electronically through the Interactive Customer Evaluation (ICE) on the Garrison app.



POC for this book:

Stuttgart Public Health
COMM: +49 (0) 6371.9464.1602

DSN: 314.590.1602

usarmy.bavaria.medcom-bhc.list.stuttgart-aphn@health.mil

CONGRATULATIONS!

This booklet provides important information to help you and your family have a positive pregnancy experience while stationed in the Stuttgart area. Following each step will help you navigate through your pregnancy and the birth of your baby.

This guide is tailored to address the needs of Active Duty Soldiers and their Families who are enrolled in TRICARE Prime. Many of these resources are also available to Civilians and Contractors (annotated by **). Please use this guide throughout your pregnancy, childbirth, and postnatal care. Keep it with you, take notes, and check off the steps as you complete them.

Depending on your circumstances (including the timing of your arrival in Stuttgart), all of the steps may not be applicable to your delivery. Please check with each support agency to ensure that you have completed the appropriate requirements to prevent any issues during and after your child's birth.

If you have questions or concerns at any step, please contact the appropriate organization via phone or the USAG Stuttgart Garrison App. To download the app, please see the USAG Stuttgart App QR code on the back of this booklet.



STEP 1: STUTTGART HEALTH CLINIC REFERRAL

Contact the Stuttgart Health Clinic to confirm your pregnancy with a laboratory test and discuss OB care options with your Primary Care Provider or Nurse.

- After or following your positive pregnancy test results, your Primacy Care Team will enter referrals and direct you to the **Referral Management Hallway (RMH)** to schedule your first prenatal appointment.



Note: TRICARE Prime Enrollees will require a separate TRICARE referral and ISOS authorization for the delivery if childbirth-related care is needed. Allow 3 days for referral processing.

- It is important that you inform your PCM team if you want to choose your OB provider. They will submit a referral so that you have the opportunity to select the host nation (OB provider) of your choice. Otherwise your RMH staff will pick an OB doctor from the preferred network provider list.
- All prenatal and delivery care is conducted by the Host Nation Network through our TRICARE managed care contractor, International SOS (ISOS). You have several care options to choose from in Boeblingen or Stuttgart. Please visit TRICARE online for most up to date information.

Note: If you choose to see a provider in Boeblingen or Stuttgart you will need a hard copy of your ISOS authorization at each visit. These facilities may refuse to see you without this paperwork.

TRICARE Overseas Program: Pregnancy Brochure
<https://tricare-overseas.com/cms/delivery/media/MCOBTFW25LXRCDFDMDWPUSEH2Z4A>



GPS DIRECTIONS TO HOSPITALS

Klinikum Boeblingen

Bunsenstrasse 120
 71032 Boeblingen
 07031-668-0



Robert Bosch Hospital

Auerbachstrasse 110
 70376 Stuttgart
 0711-8101-0



HELPFUL INFORMATION

MHS Nurse Advice Line

Provides around-the-clock access to medical information and advice via phone, chat, or video chat. There are Registered Nurses who can answer questions, provide self-care advice, and help you decide if you need immediate care. Access to an audio health library with easy-to-understand information on hundreds of topics.

24/7 Support: 1-800-874-2273 (option 1)

Germany Toll Free: 0800-071-3516

Appointment Line, Option 2: +49(0) 6371-9464-2900



International SOS

International SOS is your go-to resource for information and assistance overseas. You can obtain referral/authorization status information or receive a copy of your authorization. ISOS also offers a phone-based language assistance service.

24/7 TOP Regional Call Center

Civ: +44-20-8762-8384 (International rates apply)

Toll-Free: 0800-589-1599

tricarelon@internationalsos.com



Nutrition Services

A Registered Dietitian/Nutritionist provides medical nutrition therapy for prevention and management of diverse acute and chronic medical conditions to include diabetes, pregnancy, food allergy and intolerances for adults and children. No referral necessary.

Nutrition Services

Army Health Clinic -Stuttgart

Patch Barracks, Bldg. 2300

CIV Appt Line: +49(0) 6371-9464-2540



STEP 1: STUTTGART HEALTH CLINIC REFERRAL

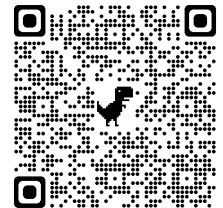
- It is critical to start your prenatal care as soon as possible. As a general rule, your host nation OB provider will meet **ALL** of your OB related health care needs.
- While the Stuttgart Army Health Clinic is not equipped or credentialed to provide prenatal care or care during child birth, it can provide non-OB care during pregnancy and post-partum care after you have completed your six-week postpartum visit with your Host Nation Provider.
- Please upload copies of your OB records on **MyCare Overseas Beneficiary App** to be translated and uploaded into your electronic health record. You may also bring the paper forms in person but uploading them on the app is preferred as it expedites the process.

Army Health Clinic -Stuttgart

Patch Barracks, Bldg. 2300

CIV Appt Line: +49(0) 6371-9464-2900

DSN Appt Line: 314-590-2900



My Care Overseas Beneficiary App

Easy-to-use, innovative tool designed to enhance your health care experience by offering services such as claim status, referral information, medical translation services, 24/7 Access to the Local Near Patient Team, and more.



STEP 2: PRENATAL CARE

Mutterpass

For many years, U.S. Military Treatment Facilities have worked hand-in-hand with Host Nation providers. The World Health Organization health system rating consistently places Germany among the top 25 healthcare systems.

During your first or second OB appointment, you will receive a **"Mutterpass"**. This booklet is a record of your prenatal healthcare. Please ensure your Mutterpass is with you **at all times** to include leisure travel, prenatal care appointments, and when you go to the hospital to deliver.

Your OB Provider should provide the Stuttgart clinic a typed record of your prenatal care every 30-60 days through delivery. Upon receipt, Stuttgart Health Clinic will request an official translation to English and scan the documents into your Department of Defense (DOD) electronic health record.

Pregnancy Travel Considerations

- **During Pregnancy:** You must have a Doctor's permission, in writing, to travel on a Military Aircraft after 32-weeks gestation.
- **New Babies:** Your baby will require a Doctor's permission, in writing, to travel on a Military Aircraft if he/she is younger than 6-weeks old. Please use caution when planning travel and ensure you leave plenty of time to obtain your infant's passport. Remember that your infant's immune system is not strong. Be cautious of big crowds and places where germs spread.

***Contact civilian airlines to research specific requirements prior to purchasing tickets.**

*** Visit CDC Travel Guidance for the latest information on vaccination requirements and other precautions.**



ADDITIONAL PREGNANCY GUIDANCE

SimpliFed

SimpliFed is a tele-lactation company that provides judgment-free, breastfeeding support to parents on their baby feeding journeys. Moms connect with SimpliFed's network of clinically-trained lactation consultants from the comfort and safety of home via a secure, HIPAA-compliant telehealth platform. Services are fully covered by TRICARE.

They also offer free virtual baby feeding classes to all patients, regardless of insurance coverage. This is a great resource for any parent preparing for their baby feeding journey!

SimpliFed is available 7 days/week and appointments are available within 24-48 hours of request, in English and Spanish.

<https://www.simplifed.com/>



ADDITIONAL PREGNANCY GUIDANCE

Purple Book v.5 DEC 2023

The **Pregnancy and Childbirth: A Goal Oriented Guide to Prenatal Care** book is provided by the Department of Defense and the Department of Veterans Affairs.

This book will guide you each step of the way through your pregnancy. They have divided the contents by visits with additional material in the Resource Section. Each visit section will include what to expect at your visit, signs to report, patient education, and a space to record related information. We encourage you to read each visit section carefully prior to each appointment. Please ask your healthcare provider if you have any questions or concerns. In this way, you will be well prepared for each step in this very special journey!



[https://
www.healthquality.va.gov/
guidelines/WH/up/2023-
Pregnancy-
Purplebook_19Jan2024.pdf](https://www.healthquality.va.gov/guidelines/WH/up/2023-Pregnancy-Purplebook_19Jan2024.pdf)



STEP 2: PRENATAL CARE

** Prenatal Medications

If your Host Nation OB provider prescribes medication per requirements below, you can present to the clinic's pharmacy with your prescription.

- The doctor is a TRICARE Network Provider (PPN).
- The medication is on MTF formulary.
- The prescription is written according to US laws and Army regulations.



If your medication is not available, you can visit a German Apotheke (Pharmacy) with the prescription. Under the TRICARE contract, pharmacies are not required to support "no fee billing." As a result, you may be required to pay for the medication and seek reimbursement. If you have any questions or concerns, see the **Bill and Claims** section of the **Referral Management Hallway (RMH)** staff for assistance.

As a courtesy to TRICARE Prime patients stationed in Stuttgart, the Apotheke Am Wallgraben in Vaihingen supports cashless billing for an amount more than 100 Euro. This option will require you to stop by your RMH to pick up a proof of prime enrollment or a hard copy of ISOS authorization. For medication less than 100 Euro, keep your receipt and submit a claim for reimbursement. They speak English.

Apotheke am Wallgraben
Moehringer Landstrasse 82
70563 Stuttgart
Tel. 0711-7802130



***Please consult with your OB Physician for any medication questions while pregnant and/or breastfeeding.**

***Patch Clinic Pharmacy offers Prenatal Vitamins for patients 18 yrs and older as an over the counter medication. No prescription necessary.**

STEP 3: PREGNANCY SUPPORT PROGRAMS

**** New Parent Support Program (NPSP)**

NPSP helps families navigate this new and exciting time in life while fostering community and helping establish your village while living overseas.

- The New Parent Support Program is a team of nurses and social workers who specialize in lactation. They provide support to families with young children ages 0-3 years. It is a voluntary and free program to any ID cardholder family who is expecting, adopting, parents of newborn, toddler, or young children.
- NPSP offers education and personal support through home visits, hospital visits, pre- and postnatal classes. Support includes: breastfeeding, parenting, child development, tracking infant's growth, support with bonding and attachment, and helping you build confidence as a parent.
- Additionally NPSP offers mental health support such as stress management, coping skills, grief and bereavement, and self-esteem.
- Classes include: prenatal education, postnatal playgroups, infant bodywork classes, and pre- and postnatal support groups.

New Parent Support Program
Army Community Services
Panzer Kaserne, Bldg. 2915
CIV: +49(0)9641-70-596-3362
DSN: 314-596-3362



STEP 12: POST PARTUM COMFORT PACK

After you are discharged from the hospital, contact your Primary Care Team or Pharmacy to obtain some much needed items, no prescription necessary:

- **Motrin/ Ibuprofen:** Motrin is in a group of medications called non-steroidal anti-inflammatory drugs (NSAIDs). It works by reducing inflammation and pain in the body caused by many conditions such as headache, toothache, back pain, arthritis and menstrual cramps.
- **Tylenol/ Acetaminophen:** Tylenol is a fever and pain-reducing medication that is widely used to relieve simple headaches, muscle aches, backache, toothache, minor pain of arthritis and menstrual cramps.
- **Witch Hazel pads:** Witch Hazel pads provide relief for hemorrhoids during/after pregnancy. They are also useful to help your episiotomy or relieve the discomfort of stitches. Place one pad in the center of your peri-pad and wear as usual. Replace as needed.
- **Lanolin Cream (Lansinoh):** Apply to sore nipples as needed. Often, breastfeeding can cause chapping/soreness of the skin on and around the nipples. Apply this liberally between feedings to help soothe and heal cracking or chapping. If you have bleeding, scabbing or blistering, please consult your Primary Care Team.
- **Dermoplast:** Aerosol spray used on perineum that relieves pain, burning, and itching. (Since it is an aerosol, it is more difficult to have this item shipped overseas and so may not always be in stock at the pharmacy).
- **Docusate:** Commonly known as Colace, is a stool softener used to treat or prevent constipation by increasing water and fat incorporation into the stool, making it easier to pass.

**Patch Clinic Pharmacy also offers Zinc Oxide Ointment (diaper cream) and Simethicone Oral Drops (Mylicon) for gas relief over the counter, no prescription necessary.*

STEP 12: POST PARTUM EXAM

Mother's Post-Partum Exam

- Your OB referral covers you up to 6 weeks post-partum.
- You need to see your OB-GYN until you are released.
- After these 6 weeks you can schedule an appointment at the clinic to discuss issues such as birth control, breast feeding, etc.
- Please bring your **"Mutterpass"** to your appointments.



Contraceptive Care

Contraceptive Services are a resource where you can discuss your reproductive questions, goals, challenges, and your contraception needs with a medical provider. Together you can decide on your reproductive needs. Services offered include general contraceptive counseling, birth control pills, patch, IUD, emergency contraception and other options. At this time, offered by appointment only. *You can become pregnant again as soon as four weeks after delivery, even if you're breastfeeding.*

Army Health Clinic -Stuttgart

Patch Barracks, Bldg. 2300

CIV Appointment Line: +49(0) 6371-9464-2900

DSN Appointment Line: 314-590-2900

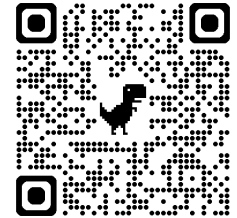


STEP 3: PREGNANCY SUPPORT PROGRAMS

** Exceptional Family Member Program (EFMP) Family Support

EFMP Family Support offers **non-clinical** case management. EFMP plays a critical role in helping families navigate the system. They connect families through resources and support by helping them to become their own best advocate. EFMP provides information and referral for military support providers and community services. EFMP delivers support groups, resources, and social activities.

EFMP Family Support
Army Community Service
Panzer Kaserne, Bldg. 2915
CIV: +49(0)9641-70-596-3362
DSN: 314-596-3362



** Educational & Developmental Intervention Services (EDIS)

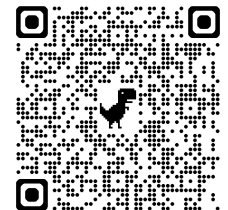
EDIS staff provide services to support families and children with developmental delays, disabilities, and special learning needs. They deliver Early Intervention Services (EIS) to parents, infants and toddlers (birth to 3 years of age). They also work with children ages three and above as part of the DoDEA special education program. May self-refer initial screening.

EDIS

AHC-Stuttgart, Bldg. 2320,
Rm 112/114

CIV: +49(0)6371-9464-1613

DSN: 314- 590-1613



STEP 3: PREGNANCY SUPPORT PROGRAMS

**Women, Infants, and Children (WIC) Overseas Program

The WIC Overseas Program provides several important benefits to eligible beneficiaries: nutritious food (via redeemable food checks called drafts) that will contribute to a healthier diet, tips on how to prepare a balanced meal, nutrition and health screening, and access to other resources to lead a healthy life.

WIC Overseas Office
Army Community Service
Panzer Kaserne, Bldg. 2915, Rm 307
CIV: +49(0)9641 70596 3351
DSN: 314-596-3351



Public Health

As the Pregnancy and Postpartum Physical Training Program (PT3) liaisons, the Public Health Nurses give important information to our pregnant service members and community. The P3T is a physical training and health education program for all pregnant and postpartum service members, enrollment is required. Additionally, they serve as Health Consultants for CYS, are responsible for community disease management and surveillance, and coordinate the annual influenza campaign.

***FYI: Flu Vaccine is required for SMs and may be required for children enrolled in CYS and DODEA.**

Stuttgart Public Health
AHC-Stuttgart, Bldg. 2300
CIV: +49(0)6371-9464-1602
DSN: 314-590-1602



STEP 11: TRICARE ENROLLMENT (CLINIC)

TRICARE Enrollment Office

- You are required to enroll your baby in TRICARE Prime after completing the DEERS enrollment and obtaining command sponsorship (STEP 10).
- TRICARE enrollment cannot be completed unless command sponsorship and DEERS enrollment has been approved.
- The Mini-Registration that you completed prior to the initial well-baby appointment or at your child's birth only **temporarily** allows your child military healthcare during the first **210 days**.
- After 210 days, your child will no longer receive the benefits of TRICARE Prime. **Without enrolling your child in TRICARE Prime, you may assume 20% of all medical costs** incurred outside of a Department of Defense (DOD) medical facilities, including emergencies.

If you are unsure about this process or would like more information, please contact:

TRICARE Beneficiary Service
Representative
AHC-Stuttgart, Bldg. 2211
CIV: +49(0)6371-9464-1605
DSN: 314-590-1605



STEP 10: DEERS AND PASSPORT OFFICE

DEERS/ID Office

- Command Sponsorship- ensure your data is up to date in the DEERS system
- DEERS Enrollment
- Accepts walk-Ins and appointments

DEERS

Panzer Kaserne, Bldg. 2915, Rm 125

CIV: +49(0)9641-70-596-2333

DSN: 314-431-2333



Passport Office

- Report of Birth Abroad– Checklist provided on website
- Passport Application– Instructions provided on website
- Social Security Card
- Appointment required. Typically done on the Garrison App. Bring all necessary documents to the appointment.
- Infant Passport Photo: Military, Appropriated Fund DOD civilians and their family members can use the VIOS photo lab on Panzer, Phone: 09641-70-596-2710. Contractor and NAF employees must provide photo at own cost.

Passport & SOFA Services

Panzer Kaserne, Bldg. 2915, Rm 314

CIV: +49(0)9641-70-596-2009

DSN: 314-431-2009



NOTE: You must have the **German Birth Certificate** before you schedule your appointment at DEERS and the Passport Office to obtain the rest of your child's documents.

STEP 3: PREGNANCY SUPPORT PROGRAMS

**Armed Forces Wellness Center

The AFWC helps soldiers, retirees, civilians, and family members to build and sustain good health. The AFWC empowers clients to set their own health goals and gives them the resources to achieve them. It addresses lifestyle change in areas that affect both short and long-term health.

***Women who are pregnant or breastfeeding need a referral to use the BODPOD, metabolic testing, nutrition services, exercise testing and prescription.**

Armed Forces Wellness Center

AHC Stuttgart, Bldg. 2337

CIV: +49(0) 6371-9464-1601

DSN: 314-590-1601



**American Red Cross

The American Red Cross offers a variety of classes and events.

- Parent Pediatric CPR/AED/First Aid classes
- Adult and Pediatric CPR/AED/ First Aid classes
- Mindful Movement Classes to reduce stress and support overall well-being
- Resiliency Workshops offer tools for clearer communication, everyday stress management, and relaxation techniques
- Annual Baby Expo Event catered for new and expecting parents

American Red Cross Stuttgart Station

Panzer Kaserne, Bldg. 2948

CIV: +49 09641-70596-2812

Facebook: American Red Cross Stuttgart Station

STEP 3: PREGNANCY SUPPORT PROGRAMS

** Stuttgart Fitness Centers

According to the Physical Activity Guidelines for Americans, 2nd edition — Pregnant or postpartum women should do at least 150 minutes (for example, 30 minutes a day, five days a week) of moderate-intensity aerobic physical activity per week, such as brisk walking, during and after their pregnancy. Please contact your Provider if you have any questions about exercise or sports.

Centers available to you:

- Family fitness area available at each fitness center.
- Group Fitness classes available each month.
- Children are welcome to S.L.A.M classes.
- 24/7 Unmanned Access: “Unmanned access” allows you to access Kelley, Patch, Panzer, and Robinson Barracks (RB) Fitness Centers outside of staffed hours of operation. Registration required.



Patch Fitness Center Patch Barracks Bldg. 2337 +49(0)9641-70-596-7136	Kelley Fitness Center Kelley Barracks Bldg. 3326 +49 (0)9641-70-596-2543
Panzer Fitness Center Panzer Kaserne Bldg. 2990 +49 (0)9641-70-596-2724	RB Fitness Center Robinson Barracks Bldg. 151 +49 (0)711-819-6317

STEP 9: BIRTH CERTIFICATE Pick-up Process

Pick-up Process

The best way to receive your German Birth Certificate is to have it mailed to an off-post German address – it usually arrives within 10 days.

- If you had your baby at Klinikum Böblingen, you may be able to pick up at Böblingen Rathaus.
- If you had your baby at Robert Bosch Hospital, you may be able to pick up at Bad Cannstatt Rathaus.

Robert Bosch

After completion of the Request of Birth Certificate at Robert Bosch Hospital, please go to the Bad Cannstatt City Hall in 7-10 days to pick up the birth certificate (1st floor, Room # 12, 13 or 14).

Standesamt Stuttgart-Bad Cannstatt

Marktplatz (Ca) 10
70372 Stuttgart

<https://www.stuttgart.de/organigramm/verwaltungseinheit/standesamt-stuttgart-bad-cannstatt.php>

Boeblingen

After completion of the Request of Birth Certificate at Klinikum Boeblingen, please go to the Boeblingen City Hall in 7-10 days to pick up the birth certificate.

Standesamt Boeblingen

Marktplatz 16
71032 Böblingen

<https://www.boeblingen.de/start/BUERGERSERVICE/Standesamt.html>

STEP 9: GERMAN BIRTH CERTIFICATE

Required Documents

- Parent (s) signatures
- Original Passports & ID cards of parent (s)
- Approximately 30-50 Euro cash
- Original Marriage Certificate (if applicable)
- Original Birth Certificates of parent (s)
- Original Divorce decree (if applicable)
- A physical German address. NOT your PSC (Postal Service Center) address.
- Official documents in German or English are acceptable at Boeblingen Hospital and Robert Bosch Krankenhaus, all other hospitals MAY require documents to be translated (certified translation in ISO Standard). Please confirm what documents are required with your chosen hospital
- Please speak to the hospital staff or patient liaisons to confirm information listed above, as host nation providers may change their requirements at any given time.

***You will need to obtain originals of all of these documents; copies are not accepted.**



STEP 3: PREGNANCY SUPPORT PROGRAMS

Pelvic Floor Physical Therapy

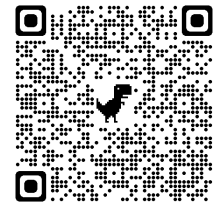
Pelvic floor physical therapy is a specialized area of treatment that can help to address many areas of concerns including:

- Postpartum and pregnancy wellness
- Pregnancy-related pain
- Urinary incontinence (leakage)
- Urinary urgency
- Urinary frequency
- Painful urination
- Painful sex
- Abdominal separation
- Pelvic organ prolapse
- Pain in pelvis, hips, abdomen, and low back

***Please discuss these signs and symptoms with your Primary Care Provider. A referral to a pelvic floor physical therapist may be an option.**

Army Health Clinic -Stuttgart

Patch Barracks, Bldg. 2300
CIV Appt Line: +49(0) 6371-9464-2900
DSN Appt Line: 314-590-2900



VA Pelvic Floor Muscle Training Guide

https://www.healthquality.va.gov/HEALTHQUALITY/guidelines/WH/up/Pelvic-Floor-Health-Infographic_2Jan2024.pdf

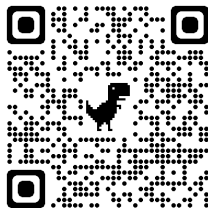


Car Seat Inspections

At this time, there is not a certified technician available in our Garrison. This program may be restarted in the future. Please ensure you have a proper car seat for your baby:

- The U.S. Armed Forces in Europe require that U.S. service members and dependents comply with host-nation child safety seat laws.
- To ensure the car seat safety rule is followed, it's best to purchase EU spec car seats for EU spec cars, and U.S. Spec car seats for U.S. spec cars.
- All child restraints/seats used in Europe must conform to ECE 44.03, 44.04, or newer regulation models, such as i-Size.
- In Germany, children shorter than 150 centimeters (approximately 59 inches) must be properly restrained in safety devices (child restraints or booster seats) that are approved for their size and weight.
- The EU regulation (ECE R129), commonly known as i-Size, runs concurrently with ECE 44.04. i-Size requires that child seats are fitted according to height, rather than weight, and that children up to 15 months remain in rear-facing seats. Additionally, i-Size compliant safety restraints undergo side-impact crash testing.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.

National Highway Traffic Safety Administration
<https://www.nhtsa.gov/equipment/car-seats-and-booster-seats>



STEP 8: NEWBORN CHECK-UP

Newborn Appointment (48 HOURS POST-DISCHARGE)

1. Call TRICARE to complete a "mini-registration" for your newborn. This is necessary for step 2.

CIV: +49(0) 6371-9464-1605

DSN: 590-1605

2. Schedule your Newborn Appointment with the Stuttgart Health Clinic 2-5 days after delivery. This will ensure your newborn appointment is scheduled in a timely manner. You may call or send a scheduling request to your team through MHS Patient Portal secure messaging.

Central Appointment Line

CIV: +49(0) 6371-9464-2900

DSN: 314-590-2900

Circumcision

- If you deliver in Böblingen, circumcisions can be performed prior to discharge.
- The Stuttgart Clinic can only perform circumcisions prior to 30 days of age.

NEWBORN APPT: _____

CIRCUMCISION APPT: _____

STEP 7: DELIVERY!!!

Patient Liaisons

The Stuttgart Health Clinic Patient Liaison staff is available for the following during your inpatient stay:

- Ease language barriers between the patient and Host Nation Providers by talking to your Host Nation physician to get up-to-date information and address your questions and concerns.
- They are your resource for any questions regarding the 'Birth Announcement Form'.
- Assist with the birth certificate process.
- Provide additional support in coordination with International SOS during follow-up visits to assess treatment progress and/or plans for the patient's transfer to other hospitals or military treatment facilities.
- Assist with the discharge from a host nation hospital.
- Patient liaisons are on-call 24 hours a day, seven days a week.

****International SOS will send a member of the Near Patient Team to visit you during your stay.**

If you are admitted to the hospital, have not been visited, and need assistance, please contact:

Patient Liaison AHC-Stuttgart, Bldg. 2211 CIV: +49(0)6371-9464-1606 DSN: 314-590-1606	After Hours via the MPs : CIV: +49(0)61114-3596-3081
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STEP 3: PREGNANCY SUPPORT PROGRAMS

Mental Health

Becoming a new mom marks a wonderful event in a person's life. However, often that transition can be defined by frustration, emotional turmoil, and fatigue. Patch Clinic Mental Health services offers post-partum screening, individualized treatment, support, psychiatric services, medication evaluation and referrals to the New Parent Support Program, Military & Family Life Counseling (MFLC) and other community resources.

Mental Health
 AHC-Stuttgart, Bldg. 2300, 2nd Fl
 CIV: +49(0)6371-9464-1615
 DSN: 314-590-1615



Military OneSource/ MilParent Specialty Consultation

Military OneSource offers free, confidential, non-medical counseling sessions on a range of topics such as relationship conflicts, stress management, parenting issues and more. MilParent Consultation offers support from general parenting best practices to more specific issues like discipline, single parenthood, potty training, and more for children up to the age of 5.

Both available 24/7 through live chatting or by phone, at 800-342-9647.



STEP 4: TOURS AND DELIVERY INFORMATION

**Labor and Delivery Tours

Due to COVID, Labor and Delivery Tours are no longer offered in most hospitals. Klinikum Böblingen, however, offers an English speaking class in which they review the stages of labor and birthing, which includes a walk by the L&D entrance. For additional information, please reach out to New Parent Support Program (page 8).

Klinikum Böblingen

Virtual Delivery Room Tour:

https://www.klinikverbund-suedwest.de/fileadmin/default/mediapool/Tour/bb_frauenheilkunde/tour.html



Robert Bosch Hospital

Virtual Delivery Room Tour: Material is provided in German, you may need to go to settings and change Closed Captions (CC) to English.

<https://www.youtube.com/watch?v=aGwxu0ofinE>



Common Q & A

How long will I have to stay at the hospital after I have my baby?

- For healthy, uncomplicated vaginal births, the typical length of stay is up to 3 days.
- If you have a C-section, you will most likely stay 3-5 days.
- **You need to stay in the hospital long enough for the baby to have a hearing test and a first, very important, newborn screening test done. (The hearing test and first genetic screening cannot be done at Patch clinic).**

Can I have a private room so my spouse can stay at the hospital with me?

- Böblingen and Robert Bosch hospitals allow a private room (if available) for an additional cost. This cost is out of pocket—TRICARE will not pay for or reimburse this expense.

STEP 6: PREPARING FOR DELIVERY– BREAST PUMP INFO

4) What breast pump supplies are covered?

TRICARE covers the following supplies before and up to 36 months after the birth event:

- Standard power adapters
- Tubing and tubing adaptors
- Locking rings
- Bottles and bottle caps
- Shield/splash protectors
- Storage bags
- Up to 2 breast pump kits per birth event

5) What is NOT covered?

- Breast pump: batteries, battery-powered adapters, battery packs
- Regular baby bottles (bottles not specific to pump operation), including associated nipples, caps and lids
- Travel bags and other similar carrying accessories
- Breast pump cleaning supplies
- Baby weight scales
- Garments and other products that allow hands-free pump operation. Nursing bras, bra pads, breast shells and other similar products.
- Ice packs, labels, labeling lids, and other similar products. Over-the-counter creams, ointments, and other products.

***Beneficiaries should review the cost of their pump choice with their insurance benefit coverage. There may be a price difference between your pump choice and the amount covered, the patient would be responsible for the cost difference.**

<https://www.tricare.mil/CoveredServices/IsItCovered/BreastPumpsSupplies>



STEP 6: PREPARING FOR DELIVERY– BREAST PUMP INFO

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.

1) 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. It does not matter what TRICARE plan you use or sponsors status (active duty, retired, Guard/Reserve). As a mother to be, **you can initiate the request at any time, or up to 3 years after the birth event.**

2) Where can I get a breast pump?

- Locally, breast pumps are available from medical supply stores such as JANZ (Panzer PX) or CVR. Contact the Referral Management team for a list of providers.
- Unfortunately, stateside retail stores are not eligible for reimbursement. Breast pump purchased stateside is an out of pocket cost.

3) How do I get a breast pump? And how do I get reimbursed?

- **Step 1.** TRICARE **Prime** beneficiaries need a PCM referral. While TRICARE **Select** beneficiaries need a prescription from their OB provider. It must be from a TRICARE-authorized provider (your PCM or your referred OB).
- **Step 2.** Get a pump through a Tricare-authorized provider, supplier, or vendor. Save your receipt.
- **Step 3.** Complete DD Form 2642, attach a copy of the prescription

STEP 5: PAPERWORK PREPARATION

Necessary Documents

The following documents are required to obtain your baby’s birth certificate, passport, social security card, and command sponsorship if indicated. It is highly recommended that you have these available BEFORE you have your baby. Additional information listed on pages 26-29.

- Original Marriage Certificate (if applicable)
- Original Divorce Decree (if applicable)
- Original Parent (s) birth certificate
- Original Parent (s) passport
- ~50 euro cash for child birth certificate application

****Child Youth Services: On-Post Child Care**

Throughout the USAG Stuttgart, Child Youth Services has 3 child development centers that offer full day childcare for children ages 6 wks-5 years of age. In addition they have part-day, school age and teen youth programs. Registration for care is recommended prior to delivery due to potential waitlist. For additional information on how to register please visit the website or contact them directly.

CYS Parent Central Services
Child Youth Services, Bldg. 2347
CIV: +49 (0)9641-70596-7480/7488
DSN: 596-7480/7488



STEP 6: PREPARING FOR DELIVERY

Lets Pack The Hospital Bag...

- ☐ Loose pajamas, bathrobes, house shoes, and socks
- ☐ Undergarments, nursing bra, and nursing pads
- ☐ Toothbrush, toothpaste, floss, ChapStick, deodorant
- ☐ Shampoo, conditioner, brush, comb, soap, and lotion
- ☐ Towels/washcloths (hospital towels can be quite small)
- ☐ Euro for phone cards or miscellaneous items
- ☐ Cell phone and Phone charger 220V
- ☐ Address book and telephone numbers
- ☐ Reading material
- ☐ Loose, comfortable clothes to wear home
- ☐ "Going home" outfit and blankets for the baby
- ☐ Sanitary napkins– if you have a specific preference
- ☐ Food/snacks for yourself and your partner (you may request a menu for hospital meals)
- ☐ Bottled water
- ☐ Camera (220V)
- ☐ The hospital will provide sanitary napkins (bulky ones), diapers, baby clothing, baby blankets, baby care supplies and formula

***Don't forget your Mutterpass !**

***Please ensure you have a proper car seat for your baby.**

(see page 14)



STEP 6: PREPARING FOR DELIVERY

NOTES: _____



AMERICAN FORMULA TO EUROPEAN FORMULA CONVERSION

Traditional Formula	Formula for Gentle Digestion	Formual for Preterm Babies	Formula for allergies
American Brands: • Similac Advance • Enfamil Neuro Pro • Enfamil Reguline • Gerber Soothe Pro	American Brands: • Enfamil Gentlease • Similac Total Comfort • Simlac Pro Sensitive • Enfamil Neuro Pro Sensitive • Gerber Gentle Pro	American Brands: • Similac Neosure • Enfamil Enfacare	American Brands: • Enfamil Nutramigen • Similac Alimentum • Neocate Syneo • Gerber Extensive HA
European Brands: • Hipp Bio Combiotik PRE • Aptamil PRE • Aptamil Organic • Nestle Bebe Supreme PRE	European Brands: • Hipp Bio Combiotik HA • Aptamil Gold Plus • Novalac AC	European Brands: • Aptamil PDF • Aptamil Prematil HA • Nestle PRE NAN	European Brands: • Althera • Nutramigen LGG Lipil • Neocate Syneo • Novalac Allernova Plus • Aptamil Pregomin AS