

## Stuttgart Military Community

Stuttgart Patch Health Clinic  
BLDG 2300  
06371-9464-1600 (Reception Desk)

Army Community Service  
BLDG 2915, 2nd floor, Panzer Kaserne  
07031-15-3518

DEERS (Panzer, Bldg. 2915, ID &  
Common Access Card Office) 07031-15-  
2333; Infant Passport Office (Panzer  
Bldg. 2915), 07031-15-2767)

TRICARE Enrollment  
BLDG 2300  
06371-6494-1605

Fire Department / Emergency Services  
117 112  
Both from military base; off Base: 112

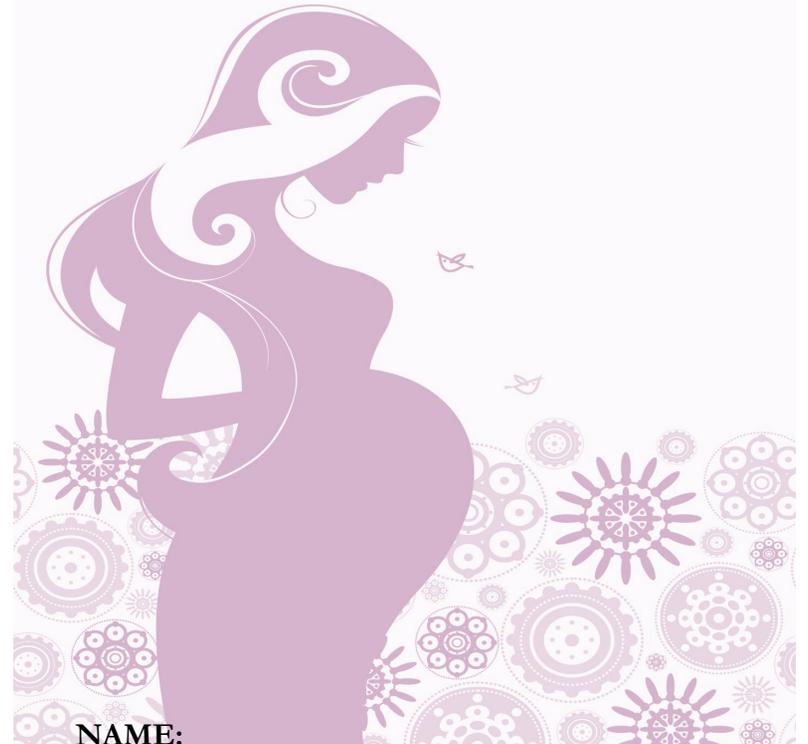


# **STUTTGART MILITARY** **COMMUNITY**

## Pregnancy to Childbirth

*Detailed Reference Guide*

*As of 1 January 2017*



NAME: \_\_\_\_\_



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## Internet Resources

### **Recommended websites:**

- [www.childbirth.org](http://www.childbirth.org)
- [www.familydoctor.org](http://www.familydoctor.org)
- [www.plannedparenthood.org](http://www.plannedparenthood.org)
- [www.gotmom.org](http://www.gotmom.org)
- [www.nlm.nih.gov/medlineplus/pregnancy.html](http://www.nlm.nih.gov/medlineplus/pregnancy.html)
- [www.lalecheleague.org](http://www.lalecheleague.org)
- [www.breastfeeding.com](http://www.breastfeeding.com)
- [www.intelihealth.com](http://www.intelihealth.com)
- [www.modimes.org](http://www.modimes.org)
- [www.4women.org](http://www.4women.org)
- [www.noah-health.org](http://www.noah-health.org)
- [www.mayoclinic.org](http://www.mayoclinic.org)
- [www.healthwomen.org](http://www.healthwomen.org)
- [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)
- [www.iparentingmedia.com](http://www.iparentingmedia.com)
- <http://www.tricare.mil/mybenefit>
- <http://www.tricare.mil/tma/EurasiaAfrica>
- [www.cdc.gov](http://www.cdc.gov)



## Nurse Advice Line

### Nurse Advice Line:

- Provides around-the-clock access to medical information and advice.
- By dialing 00800-4759-2330 from most countries in Europe, you have access to:
  - Registered Nurses who can answer questions, provide self-care advice, and help you decide if you need immediate care.
  - An audio health library with easy-to-understand information on hundreds of topics.
- <http://www.tricare.mil/tma/eurasiaafrica/europeNurseAdvice.aspx>



## CONGRATULATIONS!

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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.

Please use this guide throughout your pregnancy, child-birth, 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 and they will gladly assist you. Contact information is located on the last page.

**NOTE:** This guide is tailored to address the needs of Active Duty Soldiers and their Families who are enrolled in TRICARE Prime.

Please consult your *Pregnancy and Childbirth: A Goal Oriented Guide to Prenatal Care* book provided at your initial appointment for additional information.

## STEP 1: STUTTGART HEALTH CLINIC REFERRAL

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

- After or following your positive pregnancy test results, your Primary Care Team will enter a referral and direct you to the TriCare Service Center (TSC) to schedule your first prenatal appointment. It is important that you see TSC staff as soon as you obtain your referral so that you have the opportunity to select the host nation (OB provider) of your choice. Otherwise your TSC 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, Robert Bosch, or Tuebingen.

**Note:** If you choose to see a provider in Boeblingen, Robert Bosch, or Tuebingen, you will need a hard copy of your ISOS authorization at the time of your first visit. These facilities may refuse to see you without this paperwork.

## Host Nation Patient Liaison Service

**Host Nation Patient Liaisons** are available to assist TRICARE beneficiaries hospitalized in Host Nation medical facilities. They can:

- Ease language barriers between the patient and Host Nation Providers .
- Talk to your Host Nation physician to get up-to-date information on your medical condition and treatment plan.
- Help you obtain answers to your questions about treatment and follow-up care to the best of their knowledge.
- Assess and interpret patient concerns to determine specific assistance needs.
- Conduct 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 of a patient from a host nation hospital.
- They can be reached at CIV: 06371-9464-1606, DSN: 590-1606
- **Hours:** Mon - Thru 8:00-16:00; Fri 8:00-12:00
- **Closed weekends, federal holidays and German holidays.**

**After Hour Emergencies** the liaisons can be reached by contacting the MP Desk CIV: 0711-680-5262, DSN 430-5262

## GPS DIRECTIONS TO HOSPITALS

### Klinikum Boeblingen

Bunsenstrasse 120  
71032 Boeblingen  
07031-668-0



### Robert Bosch Hospital

Auerbachstrasse 110  
70376 Stuttgart  
0711-8101-0



### Klinikum Tuebingen

Calwer Strasse 7  
72076 Tuebingen  
07071-29-0



## 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.
- If you are not sure when you are required to have an additional referral or authorization during your OB care, do not hesitate to contact the clinic's Benefits Counselor and Assistance Coordinator (BCAC) at 06371-9464-1607 or the 24-hour International SOS (ISOS) hotline at 4420-8762-8384 or 0800 1818505.
- If possible, please bring paper copies of your OB records with you to the clinic to be uploaded into your medical records.

**Note:** TriCare Prime Enrollees may require a separate TRICARE referral and ISOS authorization for the delivery if childbirth-related care is provided at a different hospital or treatment facility than the prenatal care.

## STEP 2: PRENATAL CARE

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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 keep it with you **at all times** to include 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, we will coordinate an official translation to English and scan the notes into your Department of Defense (DOD) electronic health record.

## ADDITIONAL INFORMATION

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### Exercise

- Regular exercise, at least 3 times per week, is recommended.
- Vigorous exercise should be preceded by a 5-minute period of muscle warm-up such as slow walking or stationary cycling with low resistance. Vigorous exercise should be followed by a period of gradually declining activity that includes gentle stationary stretching.
- Heart rate should be measured at times of peak activity. Target heart rates established in consultation with your physician should not be exceeded.
- Liquids should be taken liberally before, during, and after exercise to prevent dehydration.

### AVOID:

- Vigorous exercise in hot, humid weather.
- Ballistic movements (jerky, bouncy motions)
- Deep flexion or extension of joints.
- Activities that require jumping, jarring motions, or rapid changes in direction.

**WHEN IN DOUBT ABOUT ANY EXERCISE OR SPORTS, CONTACT YOUR OB PHYSICIAN!**

Jane E. Paisley, MD and Morris B. Mellion, MD  
University of Nebraska Medical Center

## ADDITIONAL INFORMATION

### Pregnancy Travel Considerations

#### During Pregnancy

- You must have a Doctor's permission, in writing, to travel on a Military Aircraft after 32-weeks gestation.
- Regardless of your travel method, it is important that you stand and walk at least every 1-2 hours while traveling.
- During pregnancy, you are at risk for blood clots and fluid retention. Prolonged sitting/standing increases the risk for complications.

#### 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.

## STEP 2: PRENATAL CARE

### What is Normal?

Some discomfort during pregnancy is normal and cannot always be explained. If you experience any of the following, please schedule an appointment with your OB Provider or visit a Host Nation Emergency Room.

- **Heavy vaginal bleeding**
- **Uncontrolled vomiting**
- **Rapid swelling of the face, hands, and fingers**
- **Rapid weight gain (> 2lbs/week)**
- **Blurred vision and persistent dizziness**
- **Persistent headache, chills and fever**
- **Abdominal or pelvic pain**
- **Blood in the urine**
- **Frequent, painful urination in small amounts**
- **Sudden gush or steady leak of fluid from vagina**
- **Decrease or absence of fetal movement (after 5th month)**

The following are symptoms that should be monitored closely from home, but may not require medical attention

- **Light cramping in first trimester**
- **Vaginal spotting after intercourse or vaginal exam**
- **Daily nausea, vomiting, and heartburn**
- **Round ligament pain in lower abdomen / groin**
- **Frequent urination, insomnia, heartburn, especially during the 2nd and 3rd trimesters**

## PRENATAL MEDICATIONS

### MEDICATION

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

Apotheker: Herr Rolker  
Moehringer  
Landstrasse 82  
70563 Stuttgart  
Tel. 0711-7802130



## Breast Pump Information – FAQs

### Active Duty:

TRICARE Active Duty Claims  
PO Box 7968  
Madison, WI 53707-7986

### Non-Active Duty:

TRICARE Overseas Program  
PO Box 8976  
Madison, WI 53708-8976

### 4) What breast pump supplies are covered?

TRICARE covers the following supplies for 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

**\*You will need to submit a new claim each time supplies are purchased up to the 36 month deadline.**

### 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. Ice packs, labels, labeling lids, and other similar products. Nursing bras, bra pads, breast shells and other similar products. Over-the-counter creams, ointments, and other products

**\*\*Beneficiaries should use best judgement when buying the basic manual or standard electric breast pump. TRICARE reimburses the basic model. If a beneficiary desires a "more expensive" luxury model, she may be responsible for the difference between the base model and the luxury model.**

## Breast Pump Information – FAQs

### 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.

### 2) Where can I get a breast pump?

- You can get a breast pump from any: Post Exchange (PX), Base Exchange (BX), or any Station Exchange
- Civilian stateside and Overseas retail store
- Civilian stateside or Overseas retail drug store (not available through TRICARE Pharmacy Home Delivery)
- Online store (such as Amazon.com, Overstock.com; shipping and handling not included)

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

**Get a prescription** – Prescription must be from any TRICARE-authorized provider (your PCM or your referred OB).

**Call your team nurses** at DSN 590-2900 or 063-719-464-2900 to make this request. You can also make the request by completing a t-con form at the front desk or using Relay Health.

**Get a pump** – Keep your receipt, you will need it to file the claim to be reimbursed.

**File a claim** – Complete DD Form 2642 (you can find this online or there is one attached to this packet), attach a copy of the prescription and receipt, and follow the instructions for submitting a claim online overseas. If you would prefer to mail the claim in, please submit to the following (Continued on next page):

## PRENATAL MEDICATIONS

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### Over the Counter Medications

- There are a variety of over-the-counter medications available for common illnesses. Please consult your **Pregnancy and Childbirth** book for more information.
- Please consult with your OB Physician for any medication questions while pregnant and/or breastfeeding.

## STEP 3: Pregnancy Support Programs

### New Parent Support Program

- The New Parent Support Program provides education and personal support to eligible beneficiaries to include expectant families, adopting families, and parents of newborn, toddlers, and young children. For dates of each of the classes, please contact the New Parent Support Program Office at DSN 431-3353/3340 • CIV 07031-15-3353/3340.

### WIC Overseas Program

- The Women, Infants, and Children (WIC) Overseas Program provides several important benefits to eligible beneficiaries: nutritious food 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. To schedule an appointment, please contact the WIC Overseas Office, located at Panzer Kaserne, Building 2915, 3rd floor (ACS Building), at CIV: 07031-15-3351, DSN: 431-3351.

## CONCLUSION

We hope this guide proved beneficial during your pregnancy. The following pages offer additional helpful information.

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 Clinic employees or submit electronically through the Interactive Customer Evaluation (ICE) at:

[https://ice.disa.mil/index.cfm?fa=site&site\\_id=201](https://ice.disa.mil/index.cfm?fa=site&site_id=201)





## ADDITIONAL INFORMATION

- **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.
- **Colace:** Colace is a stool softener. It makes bowel movements softer and easier to pass. It is used to treat constipation and to reduce pain or discomfort caused by hard stools or straining during bowel movements.

NOTES: \_\_\_\_\_  
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## STEP 3: Pregnancy Support Programs

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### Public Health

- The Army Public Health Nurses teach important bi-monthly classes that are specific to having a baby in Germany. These are intended for women in their 1st trimester. These include: OB Orientation, Stages of Labor (with a hospital tour), Passport Class, and Post-Partum PT (P3T). For questions/concerns, please contact the Army Public Health Nurse's Office at CIV: 06371-9464-1725/1713/1654, DSN: 590-1725/1713/1654.

## STEP 4: HOSPITAL TOURS

### LABOR AND DELIVERY TOURS

The Stuttgart Health Clinic conducts tours of Boeblingen and Robert Bosch Hospitals.

- Tours are offered on a monthly basis
- Dates and times can be found at the Tricare Service Center Patient Liaison Office.
- Please contact the office at DSN 590-1606 • CIV 06371-9464-1606 to sign up for the tours.
- **Transportation is not provided.**

### FAQ's

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

- **Boeblingen 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.**

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

- For uncomplicated vaginal births, the typical length of stay is three days. If you have a C-section, you will most likely stay 3-5 days.

## ADDITIONAL INFORMATION

### Post Partum Pack

After you are discharged from the hospital, contact your Primary Care Team or Pharmacy to obtain some much needed items.

- **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:** 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.
- **Tucks pads:** Tucks 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.

## STEP 13: POST PARTUM EXAM (CLINIC)

### 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.



## STEP 5: PAPERWORK PREPARATION

**Collect all the necessary documents to obtain your baby's birth certificate, passport, social security card, and command sponsorship if indicated (see page 37).**

- Contact the DEERS registration (Panzer, Bldg. #2915, ID & Common Access Card) DSN: 431-2333, CIV: 07031-15-2333 for document review and to start the application process.
- Application for Report of Birth Abroad and Infant Passport (Panzer Bldg.# 2915, Room 314, DSN: 431-2767, CIV: 07031-15-2767). Newborn appointments can only be scheduled on Thursdays.
- This will help prevent issues after your child is born and give you plenty of time to obtain the correct documents if you do not already have them.

### Child Care:

- To become eligible for full-time, part-time, and hourly-care programs, families must register each child with Child Youth & Services (CYS).
- Please note: If you will require full time care, there may be a wait-list.
- For more information about Child, Youth & School Services, please contact Parent Central Services Office at DSN 430-7480 CIV 0711-680-7480.

## STEP 6: PACKING YOUR BAG

The following is a list of items to consider:

- Nightgowns, 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).
- Money for phone cards or miscellaneous items
- Radio, iPod or MP3 player (220V), watch
- Address book and telephone numbers
- Reading material
- Loose, comfortable clothes to wear home
- “Going home” outfit and blankets for the baby
- Sanitary napkins
- Food/snacks for yourself and your partner
- Bottled still water
- Camera, cell phone charger (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. There is a National Highway Transportation Safety Administration certified technician who will teach you to install the seat properly and inspect seats that are already installed. Please call 06371-9464-1613 to speak with the representative.

## STEP 12: TRICARE ENROLLMENT (CLINIC)

**Go to the TriCare Enrollment Office at the Health Clinic (Bldg. 2300, 06371-9464-1605 (DSN 590-1605):**

- You are required to enroll your baby in TRICARE Prime after completing the DEERS enrollment and obtaining command sponsorship (STEP 11).
- 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 120 days.
- After 120 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 the TRICARE Benefits Service Representative at 06371-9464-1605 (DSN 590-1605).



## STEP 7: DELIVERY!

### PATIENT LIAISONS

- The Stuttgart Health Clinic Patient Liaison staff visit TRICARE patients daily at the Boeblingen and Robert Bosch Hospitals. They are available to assist with communication between you and the Host Nation staff, and they will help you complete the 'Birth Announcement Form' and a temporary medical-registration form commonly referred to as, "Non-TRICARE Mini Registration." This document allows your child to have temporary healthcare at U.S. Army medical facilities in Europe.
- If you are admitted to the hospital, have not been visited, and need assistance, please contact the Patient Liaison via the MPs after hours at CIV: 0711-680-5262, DSN 430-5262.
- You are expected to follow the clinical and administrative policies and procedures of the Host Nation Hospital.

## STEP 9: BIRTH CERTIFICATE Pick-up Process

### ROBERT BOSCH:

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

#### Hours of Operations:

Mon - 0830-1300

Tue - closed

Wed - 0830-1300

Thu - 1400-1800

Fri - 0830-1300

**RATHAUS BAD CANNSTATT  
STANDESAMT STUTTGART  
-BAD CANNSTATT  
MARKTPLATZ (CA) 10  
70372 STUTTGART  
S-BAD CANNSTATT**

### BOEBLINGEN:

After completion of the Request of Birth Certificate at Klinikum Boeblingen, please go to the Boeblingen City Hall (Standesamt), Germany, 5th floor or Ebene 5, room #369-373, in 7-10 days to pick up the birth certificate.

#### Hours of Operations:

Mon - 0900-1200

Tue - 0900-1200; 1600-1800

Wed - closed

Thu - 0900-1200; 1500-1630

Fri - 0900-1200

**RATHAUS BOEBLINGEN  
STANDESAMT  
BOEBLINGEN  
MARKTPLATZ 16  
71032 BOEBLINGEN  
TELEFON: 07031-996-06**

## STEP 9: BIRTH CERTIFICATE

### You will need:



- Both parents' signatures
- Original Passports & ID cards of both parents
- Approximately 30-50 Euro
- Original Marriage Certificate
- Original Birth Certificates of both parents
- Divorce decree, if applicable
- Your physical address; NOT your CMR (Community Mail Room) address
- **Documents that are not in German or English must be translated to German (certified translation in ISO Standard)**
- **You will need to obtain originals of all of these documents; copies are not accepted.**

### Pick-up Process:

- If you had your baby at Klinikum Boeblingen Rathaus, you will go to the Boeblingen Rathaus.
- If you had your baby at Robert Bosch Hospital, you will go to the Bad Cannstatt Rathaus.
- You can also receive the birth certificate in your German mailbox within 10 days. Please speak to the hospital staff or patient liaisons.

## STEP 8: NEWBORN CHECK-UP

### NEWBORN APPOINTMENT (48 HOURS POST-DISCHARGE)

- Schedule your Newborn Appointment with the Stuttgart Health Clinic **2-5 days after delivery.**
- Call the Central Appointment Line to book this appointment at CIV: 06371-9464-2900, DSN 590-2900.  
**This appointment cannot be made without completing the mini-registration.**

### Circumcision:

- If you deliver in Boeblingen, 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 9: WELL-CHILD EXAMS

As your baby grows, he or she will require periodic well-child exams. These exams are critical during infancy when the baby is growing rapidly. During each well-child exam, your Primary Care Manager (PCM) will assess your child's physical health, administer vaccinations, and assess for normal milestone development based on his/her age. You should schedule regular Well-Child exams at the following intervals as recommended by the American Academy of Pediatrics.

### WELL CHILD EXAMINATION SCHEDULE

Provider's Name:

Nurse's Name:

<u>48 Hours:</u>	<u>6 Month:</u>
<u>2-4 Weeks:</u> (1 Month)	<u>9 Month:</u>
<u>2 Month:</u>	<u>12 Month:</u>
<u>4 Month:</u>	<u>14 Month:</u>

## IMMUNIZATIONS

Immunizations provide protection against dangerous illnesses, some of which have serious complications possibly resulting in death. Young children are especially vulnerable because of their under-developed immune response. We highly encourage you to have your children immunized following the Childhood Advisory Committee on Immunization Practices ([www.cdc.gov](http://www.cdc.gov)). The chart below demonstrates the Regional Health Command Europe's (RHC-E) precise immunization schedule for children birth to 16 years of age, which directly reflects the CDC's recommended schedule discussed on the previous page:

AGE	IMMUNIZATIONS
Birth (or 2 weeks)	Hep B #1
2 months	DTaP #1, IPV #1, Hib #1, Hep B #2, PCV13 #1, RV #1
4 months	DTaP #2, IPV #2, Hib #2, PCV13 #2, RV #2
6 months	DTaP #3, IPV #3, Hib #3, Hep B #3, PCV13 #3, RV #3
12 months	MMR #1, Varicella #1, Hep A #1
15 months	Hib #4, PCV13 #4
18 months	DTaP #4, Hep A #2
4 - 6 years	DTaP #5, IPV #4, MMR #2, Varicella #2
11 - 12 years	MCV4 #1, Tdap, HPV vaccine (3 doses)
16 years	MCV4 #2
	<b>OTHER</b>
6 months - 18 years	Annual Influenza vaccine