



Family-Centered Care

Before, During and After Childbirth



Military Medicine...because we're family.



It's about personalized care...

Family-centered care before, during and after childbirth means that *you* are at the heart of our mission. For our families this means:

Respect for your emotional well-being, privacy and personal preferences.

Empowerment through honoring your family's personal and cultural beliefs.

Choices in treatment, including pain management, drugs and tests used before, during and after childbirth and newborn care.

Flexibility to welcome fathers, significant others and siblings to be part of your birth experience.





It's about commitment...

To be responsive to your needs
we will begin to offer:

- Improved continuity of providers for prenatal care
- Careful, seamless, coordination between facilities if you need to relocate during your pregnancy
- Personalized pain management
- Individualized birth plans
- Improved access to first trimester appointments
- Individualized prenatal education
- Private postpartum rooms
- Lactation support

It's about convenience...

Your convenience is important, so military clinics and facilities are now beginning to offer:

- Stork parking (reserved for the third trimester through the six-week checkup) at selected facilities
- Follow-up appointments scheduled prior to leaving the clinic

It's about family...

In military medicine, you and your family's needs and best interests are at the heart of all decisions.



Military Medicine...because we're family.

For details on services and amenities contact your local military hospital or clinic.



It's about trust – trust in our family.

When your healthcare needs change, military medicine changes, too. To provide more personalized and responsive care during your child birth experience, we are offering family-centered care.

Why is this important? Family, friends and social support networks are vital to good health. Often during this special time, our military families are far from home and these natural supports.

Through family-centered care our military hospitals offer an extended 'family', knowledgeable about the separation aspects of military life.

The family-centered care approach ensures that you and your family get the best possible personalized, coordinated care during this special time.

For more information about our Family-Centered Care, please visit our Web site at www.tricare.osd.mil/familycare or contact your local clinic.

Family-Centered Care

Military Medicine...because we're family.