

## Childbirth and Breastfeeding Support Demonstration

TRICARE allows for certified labor doulas, lactation consultants and lactation counselors – currently excluded as TRICARE-authorized provider types under the TRICARE benefit – to provide reimbursable care to TRICARE beneficiaries under its **Childbirth and Breastfeeding Support Demonstration**. This is a five-year demonstration that started on Jan. 1, 2022.

### Learn more:

- Visit [www.tricare-west.com](http://www.tricare-west.com)
- Email [ChildbirthSupport\\_Providers@hnfs.com](mailto:ChildbirthSupport_Providers@hnfs.com)



## Eligibility

This demonstration is for eligible TRICARE Prime and TRICARE Select beneficiaries who see civilian providers.

## Benefits

- Breastfeeding (lactation) counseling from a certified lactation consultant or counselor.
  - o May be received as part of an inpatient maternity stay or outpatient obstetrical or well-child visit performed by/at a TRICARE-authorized provider/facility.
  - o Up to six sessions covered in total per beneficiary, whether rendered under the demonstration or the existing breastfeeding counseling benefit by a TRICARE-authorized provider. Additional sessions are not allowed for multiples (twins, triplets, etc.).
  - o Only the breastfeeding parent is eligible for the counseling.
  - o Breastfeeding counseling may be performed in individual or group sessions.
- Certified labor doula (CLD) services for pregnant beneficiaries with a gestational age over 20 weeks.
  - o The beneficiary must be under the care of a TRICARE-authorized provider (for example, obstetrician, certified nurse midwife, etc.) for the maternity episode of care for CLD services to be covered under the demonstration.
  - o TRICARE will cover up to six visits by a certified labor doula (CLD) before or after giving birth, as well as one continuous labor support encounter during the birth event.
  - o CLD services for beneficiaries who give birth at a military hospital or clinic are excluded from the demonstration.



## Provider Definitions

**Lactation consultants** have received specialized training to aid in breastfeeding and infant nutrition from breastmilk. Lactation consultants have the highest level of breastfeeding training and are able to provide a full range of breastfeeding care. Lactation consultant services may be necessary when complex problems surrounding breastfeeding arise.

**Lactation counselors** have received specialized training to aid in breastfeeding and infant nutrition from breastmilk. Lactation counselors are trained to provide breastfeeding counseling to support normal lactation and breastfeeding parents of healthy, full-term infants.

**Labor doulas** sometimes referred to as birth doulas, aid a birthing parent during the birthing process. They provide support for the birthing parent during labor and may also meet with the birthing parent a few times prior to or after labor. Labor doulas are not medical personnel and do not provide medical services, such as examination of the cervix or prescription of medications, and do not give medical advice. Rather, the labor doula provides physical, emotional, and informational support for the birthing parent during the labor process, supporting the birthing parent during vaginal birth or a Cesarean section.

## Provider Requirements

### Lactation consultants, lactation counselors and certified labor doulas must:

- Be at least 18 years old.
- Have/maintain a current adult, child, and infant CPR certification.
- Have a National Provider Identification (NPI) number.
- Have professional liability insurance in amount of \$200k/\$600k.
- Not have any current Medicare or Medicaid sanctions.
- Not have any unexplained gaps in work history for the most recent five (5) years.
- Be licensed/certified by one of the acceptable boards as noted in the table below (if offered within the state, must also have state license/certification).

### Certified labor doulas must also:

- Have attended a minimum of 24 education hours to include:
  - the physiology of labor;
  - labor doula training;
  - antepartum doula training; and
  - postpartum doula training.
- Have attended one or more breastfeeding courses.
- Have attended one or more childbirth classes.
- Not have obtained education/experience during the CLD's own pregnancy/childbirth or the childbirth of an immediate family member.

### Acceptable Boards

Provider Type	Board
Lactation Counselor	• <a href="#">Academy of Lactation Policy and Practice (ALPP)</a> -certified as a certified lactation counselor
Lactation Consultant	• <a href="#">International Board of Certified Lactation Consultants (IBCLE)</a> -certified as a certified lactation consultant or • ALPP-certified as an advanced lactation consultant or advanced nurse lactation consultant
Certified Labor Doula	<ul style="list-style-type: none"><li>• Current certification as a CLD, certified doula or similar perinatal certification <b>obtained within the last three years</b> from one of the following organizations:<ul style="list-style-type: none"><li>◦ <a href="#">BirthWorks International (BWI)</a></li><li>◦ <a href="#">Childbirth and Postpartum Professional Association (CAPP)</a></li><li>◦ <a href="#">Doulas of North America (DONA) International</a></li><li>◦ <a href="#">International Childbirth Education Association (ICEA)</a></li><li>◦ <a href="#">toLabor</a></li></ul></li></ul> <p>Postpartum doula certification by itself does not qualify.</p> <p><b>Additional Requirements (must sign attestation):</b></p> <ul style="list-style-type: none"><li>• Provided continuous in-person childbirth support for at least three childbirths, with a minimum of 15 hours over the three childbirths.</li><li>• At least two of the three births were a vaginal birth.</li><li>• Provided antepartum and postpartum support for at least one birth.</li></ul>

## Network and Non-Network Participation

Providers interested in joining the TRICARE West Region network may contact us (see top of p. 1) for additional information. Existing network groups who have these provider types should notify us via an updated [Network TRICARE Roster](#). Taxonomy codes for these provider types can be found on p. 3 of this document and on the “Taxonomy to Specialties” tab of the roster template.

Health Net Federal Services, LLC (HNFS) is required to conduct a credentials review on each network provider to ensure providers meet the minimum requirements of the Defense Health Agency, HNFS and URAC. This process can take up to 90 days. Certified labor doulas, lactation counselors and lactation consultants will be required to complete specific disclosure questions. Additionally, certified labor doulas will be required to complete a separate provider attestation.

Non-network applications are available on our [Non-Network Certification Applications](#) page.

We offer a [Childbirth and Breastfeeding Support Demonstration-specific directory](#) on our website. Beneficiaries and providers can visit [www.tricare-west.com](http://www.tricare-west.com) or contact us at 1-844-866-WEST (1-844-866-9378) should they have questions about how to locate participating providers.

**Please note:** If you are an existing network provider (for example, a physician's assistant) who performs services as a certified labor doula, lactation counselor or lactation consultant, let us know so we can update your listing in our Network Provider Directory! Send us an [updated roster](#) with your secondary specialty information (see taxonomy codes on p. 3).

## Provider Reimbursement

View current rates at [www.health.mil/rates](http://www.health.mil/rates). Cost-shares, copayments and deductibles don't apply to covered breastfeeding/lactation counseling services. Point-of-service may apply for TRICARE Prime beneficiaries who see non-network providers without a referral.

### Breastfeeding support services

- Individual lactation counseling sessions shall be reimbursed at the non-physician, non-facility CHAMPUS Maximum Allowable Charge (CMAC) under the existing CPT® codes 99401 to 99404 (15, 30, 45, 60 min.).
- Group lactation consulting shall be reimbursed at the non-physician, non-facility CMAC under the existing CPT codes 99411 (30 min.) and 99412 (60 min.). Use of either CPT code counts as one session towards the six-session limit.

### Childbirth Support Services

- Certified labor doula services not personally performed will not be reimbursed.
- Antepartum and postpartum support visits are untimed and reimbursed using CPT code 99509. Up to six combined antepartum and postpartum visits are allowed.
- Continuous labor support visits are untimed using CPT code 59899 and reimbursed at a rate equal to 15 times the rate for CPT code 99509. Only one continuous labor support visit per birth event will be reimbursed.

### Telehealth

- Covered lactation services may be rendered via telehealth (two-way video component required).
- Covered doula services may NOT be rendered via telehealth.



## Specialty Taxonomy Designation Codes

- Doula – 374J00000X
- Lactation Consultant
  - Non-RN – 174N00000X
  - RN – 163WL0100X
- Lactation Counselor – 174400000

