
November 2023

Kaiserslautern Military Community

Comprehensive Pregnancy to Childbirth Resource Guide



Landstuhl Regional Medical Center Military Treatment Facility

Dr. Hitzelberg-Strasse 66489 Landstuhl, Germany

Phone: 06371 9464 5762

DSN: 590-5762

www.facebook.com/LRMCOfficialpage

<https://landstuhl.tricare.mil>

Congratulations!

You have a positive pregnancy test- what's next? Whether or not this is your first child, this is a new family experience. The goal of this guide is to provide resources for our Tricare beneficiaries as they prepare to give birth at a Host Nation partnering facility.

For many years, U.S. Military Treatment Facilities have worked hand-in-hand with Host Nation providers to meet the needs our beneficiaries. Tricare has established relationships with a select group of providers in the area who have had their credentials verified and have agreed to file claims on behalf of our patients.

On behalf of Landstuhl Regional Medical Center (LRMC), we congratulate you on your pregnancy. Even though you are receiving your obstetric care at a Host Nation facility, we are still here to support you throughout this process. Should you have questions related to this guide, please do not hesitate to contact the LRMC OB/GYN Department. Preparing to give birth overseas can feel like an overwhelming process but we hope this guide will provide the support you need to navigate your pregnancy.

Wishing you and your growing family the best,

The Women's Health Service Line Department

Landstuhl Regional Medical Center

Table of Contents

The OB Referral Process	4
German Health System Overview	5
Choosing a Host Nation Provider	5
Host Nation Hospital FAQs	5
Mutterpass.....	6
When to Seek Emergency Care	6
Diet & Exercise Recommendations	7-8
Over the Counter & Prenatal Medications.....	8
Support Programs.....	9-10
Lactation Consultant Services	11
Packing Your Bag	12
Car Seat Safety.....	13
Support During Delivery	14
Postpartum Care.....	14
Post-Delivery Medications.....	15
Post-Birth Requirements	16-17
Immunizations	18
Resource Contact Lost	19-20



The OB Referral Process

Contact your primary care clinic to confirm your pregnancy status and discuss obstetrics (OB) care options with your Primary Care Provider or Nurse. 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.

The TSC will call you within 1-2 business days to ask if you have a Host Nation OB provider preference. If you do not have a preference, your TSC staff will pick an OB doctor from the preferred network provider list. The TSC will request authorization from our Tricare Managed Contractor, International SOS (ISOS). ISOS will communicate with your Host Nation OB provider and assist with arranging your first appointment. This process typically takes 1-2 weeks.

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 up to six weeks postpartum, to include your postpartum visit. 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 24-hour International SOS (ISOS) hotline at 0800-1818505. If possible, please bring paper copies of your records with you to the LRMC Correspondence office to be translated and uploaded into your medical record.

When you go to visit your Host Nation provider, 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. The Tricare Service Center will notify you if additional forms are needed prior to your appointment.

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

German Health System Overview

The World Health Organization consistently ranks the Germany in the top 25 of health systems. Since 1883, the German health system has operated as a social health insurance system. While the governance and structure of Germany's health system differs from the United States, both health systems have similar quality goals. The German health care system is a quality system with highly trained providers. The table below highlights Germany's key performance indicators when it comes to maternal child health. More information on Germany's health system performance is available at www.who.int/data.

Performance Indicators	German Health System	United States Health System
Neonatal Mortality Rate	2.2 for every 1,000 live births	5.6 per 1,000 live births
Maternal Mortality Rate	7 per 100,000 live births	19 per 100,000 live births
C-Section Rate (%)	30.5	32.0

The World Health Organization. (2021). *The Global Health Observatory*. <https://www.who.int/data/gho>

Choosing a Host Nation OB Provider

Tricare Overseas has established partnerships with several high quality Host Nation providers within the Kaiserslautern Military Community. Some of the most common Host Nation hospitals in the KMC area include St. Johannis in Landstuhl, Westpfalz-Klinikum in Kaiserslautern, and Saarland University Hospital in Homburg.



Please visit <https://www.tricare-overseas.com/beneficiaries> for an updated list of approved OB providers please contact the TSC. Please note: you are expected to follow the clinical and administrative policies and procedures of the Host Nation Hospital.

Mutterpass

During your first or second Host Nation 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 LRMC Patient Administration Office a typed record of your prenatal care every 30-60 days until and including delivery. This record will be translated by the Correspondence office and be uploaded to your electronic health record. .



Host Nation Hospital FAQs

Can I tour the Host Nation hospital?

Please contact the Host Nation Patient Liaison Office to schedule a hospital tour. The availability of touring a Host Nation hospital may be dependent on local health protocols. Please visit the HN hospital’s website for additional information about tour options.

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

Some Host Nation 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.

How do I get my records from a Host Nation provider to LRMC?

Please contact the Patient Administration Office/Medical Records department at 06371-94645204. You will need to know the Hospital and provider’s name and location, as well as the dates you received care.

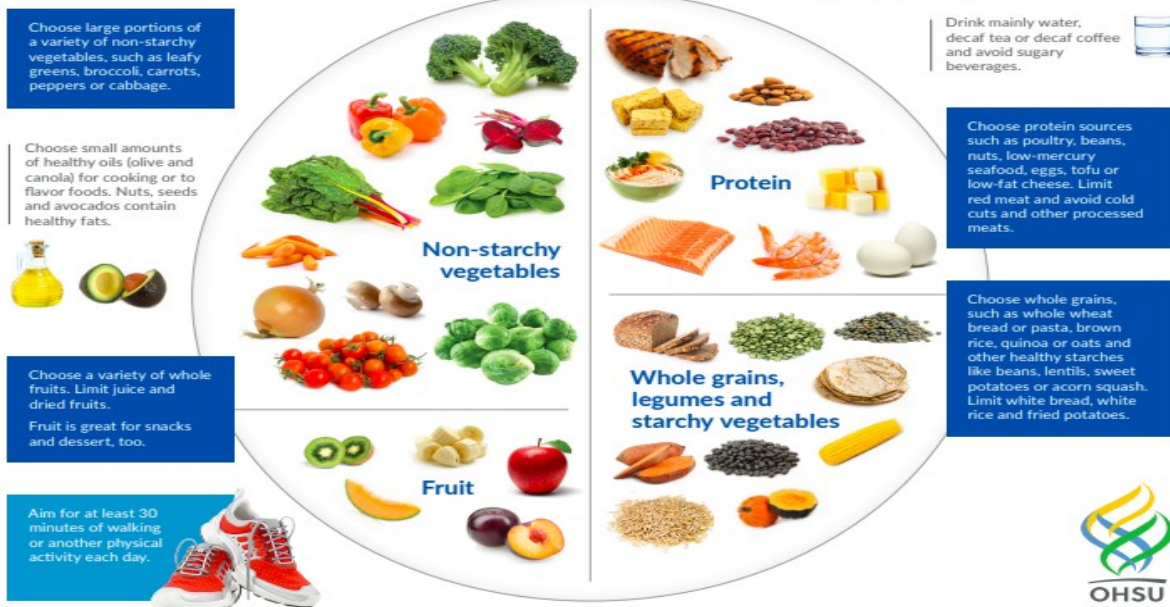
When to Seek Emergency Care

Some discomfort during pregnancy is normal. However some symptoms require emergency care or should be shared with your provider. Always consult with your Host Nation OB provider if you are concerned. You can also utilize the 24/7 Tricare Nurse Advice Hotline by calling 0800-8251600. Please be advised there may be fees associated with seeking emergency care at LRMC. For the safety of mom and baby, we recommend going to the facility that maintains your prenatal records.

Diet & Exercise

Healthy diet and exercise are important to both your health and the health of your developing baby. Please discuss diet and exercise with your Host Nation OB provider as recommendations may change based on your specific health needs. LRMC Nutrition Care Department offers a pregnancy nutrition class once a month. For more information or to register for the class, please call the Nutrition Clinic at 06371-9464-7144.

My Pregnancy Plate



Healthy snack ideas

When you are pregnant, you need about 300 extra calories each day starting in the second trimester. This is not really that much. It equals one large snack or two smaller snacks a day.



What about sweets?

You may be wondering whether there is room for cookies, candy, ice cream or other sweets in your pregnancy diet. You can eat sweets, but not every day. The goal is to use My Pregnancy Plate as your guide for healthy eating, be physically active and satisfy your sweet tooth with an occasional treat. This balance will help you achieve the recommended weight gain below.

Recommended weight gain during pregnancy based on pre-pregnancy weight		
Pre-pregnancy weight	Recommended weight gain	Recommended rate of weight gain after first trimester
Underweight (BMI <18.9 kg/m ²)	28–40 lbs	5.0 lbs/month
Normal weight (BMI: 18.9–24.9 kg/m ²)	25–35 lbs	4.0 lbs/month
Overweight (BMI: 25–29.9 kg/m ²)	15–25 lbs	2.6 lbs/month
Obese (BMI > 30 kg/m ²)	11–20 lbs	2.0 lbs/month

Food safety

Here are some tips for safe food handling:

- Wash your hands before preparing food and eating.
- Wash fresh produce thoroughly before eating.
- Cook food thoroughly, especially eggs and foods made with eggs, meat, poultry and seafood.

Avoid the following:

- Raw fish, especially shellfish and sushi
- Unpasteurized milk, juice and soft cheeses such as feta, bleu cheese, brie and queso blanco. Soft cheeses made from pasteurized milk are fine.
- Raw sprouts
- Herbal supplements and herbal teas, until you check with your provider
- Swordfish, tilefish, king mackerel and shark, due to high mercury content

Do include a source of DHA. This is a type of fat called "omega-3" that is very important for your baby's healthy brain and eye development. Omega-3 fat is especially important from 20 weeks of pregnancy until you are done breastfeeding. Experts recommend that pregnant and nursing women get 300 mg of DHA every day.

The best sources of DHA are wild albacore tuna (make sure it says "troll-caught") and wild salmon. These types of fish are safe for pregnant women. If you don't eat fish, you can get DHA by taking fish oil capsules. Take enough to get 300 mg of DHA each day. If you don't eat animal products, you can take DHA capsules made from algae.

Exercises During Your Pregnancy

Repeat all exercises 4-6 times



Over the Counter & Prenatal Medications

Please consult with your Host Nation OB provider for any medication questions while pregnant and/or breastfeeding. If your Host Nation OB provider prescribes medication per USA prescribing requirements, you can present to the LRMC outpatient pharmacy with your prescription. If your medication is not available, you can visit a German Apotheke (Pharmacy) with the prescription. The Tricare Service Center will be able to provide an updated list of local Host Nation pharmacies that take Tricare insurance.

Under the Tricare contract, pharmacies are not required to support “no fee billing.” For all out of pocket medication expenses, keep your receipt and submit a claim for reimbursement. You may be asked for proof of prime enrollment or a hard copy of ISOS authorization. If you have any questions or concerns please call TSC staff for assistance.

Family Support Programs

All parents and kids, regardless of where you receive your OB care, are eligible for several support programs available to the Kaiserslautern Military Community.

Child Youth & Services



Child Youth & Services (CYS) services offer childcare and activities for parents and children of all ages. 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 require full time care, there may be a wait-list.

WIC Overseas Program

The Women, Infants, and Children (WIC) Overseas Program is designed to supplement the food you regularly buy with additional nutritional food items. WIC Overseas counselors determine eligibility for the program by evaluating income, family size, and certain other criteria. Your counselor will give you an approved food list and redeemable food checks called “drafts” which you exchange for approved foods at overseas commissaries. Those who may be eligible for the WIC Overseas include:



- Expectant mothers during pregnancy and throughout the first six weeks after giving birth.
- Mothers until the infant is six months old if bottle-feeding or one year old if breast-feeding.
- Infants and children until the end of the month in which they turn age five

For more information, please visit <http://www.tricare.mil/wic>.

Army Community Services (ACS)

ACS offers a variety of services for all DoD ID card holders and overseas several beneficial programs including Family Members with Special Needs (EFMP), Family Advocacy Program, Military and Family Life Counseling (MFLC) Program, the Loan Closet, and much more. Please contact ACS for more information regarding their services at CIV 0611-143-541-9000 or DSN 541-9000.



New Parent Support Program

The New Parent Support Program is available to anyone who has a DoD ID card and has access to the military healthcare system. There are eligibility requirements beyond this to include having a little one in the home under three years old or currently expecting/adopting. The NPSP supports families in several ways including parenting education, newborn care, car seat safety, home visits, hospital visits, and referrals/connections. There are separate programs for the Army and the Air Force.



NEW PARENT SUPPORT PROGRAM

Education & support for families with children 0-3 years old



Scan me to contact NPSP!



Download our Calendar

United States Air Force New Parent Support Program

For Expecting or Adopting Families
or Families with a Child (ren)
Ages Birth to Age Three.



86th Medical Group
Building 2121, 2nd Floor
Ramstein Air Base
Germany

DSN 479-2098
06371-46-2098

Lactation Consultant Services

Prenatal Breastfeeding Education Class

- Hosted by the ACS New Parent Support Program Located on Landstuhl in Bldg. 3820.
- A class for parents to be (Yes, spouses too).
- 1400-1600 every Friday. Live classes on the 1st and 3rd Fridays. Streaming classes on the 2nd and 4th Fridays.
- To register contact ACS at DSN: 541-9028 / CIV: 0611-143-541-9028.
- Open to ALL ID Card holders.


What can the Lactation Consultant help me with SPECIFICALLY???

- Painful latch
- Infant weight gain issues
- Choosing a pump
- Assistance with pumping
- Low milk supply
- Is this medication safe?
- Plugged milk ducts
- Engorgement
- Weaning from nipple shields
- Introduction of bottle feeding
- Milk suppression after breastfeeding

By Day Five After Delivery Consider the Following:

- Do you feel breastfeeding is going well?
- Can your baby latch comfortably and stay attached without difficulty?
- Is your baby waking up to nurse?
- Is breast feeding pain free?
- Is your baby having 3 or more yellow stools per day?

If you answered “no” to any of these questions, or if you have any concerns, please call a lactation consultant or your doctor.



At approximately 28 weeks gestation, contact the LRMG OB/GYN Clinic for your breast pump prescription.

For more information on breast pumps, supplies, and services, visit:
<https://tricare.mil/LifeEvents/Baby/NewbornWellBaby/BreastPumps.aspx>

Packing Your Bag



Please check with your hospital prior to planned delivery date to determine what supplies they offer. Most hospitals will provide sanitary napkins (bulk ones), diapers, baby clothing, baby blankets, baby care supplies, and formula. Don't forget to have a proper car seat for your baby!

Packing Recommendation List:

- ✓ 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)

Don't forget your Mutterpass!

Infant Car Seats

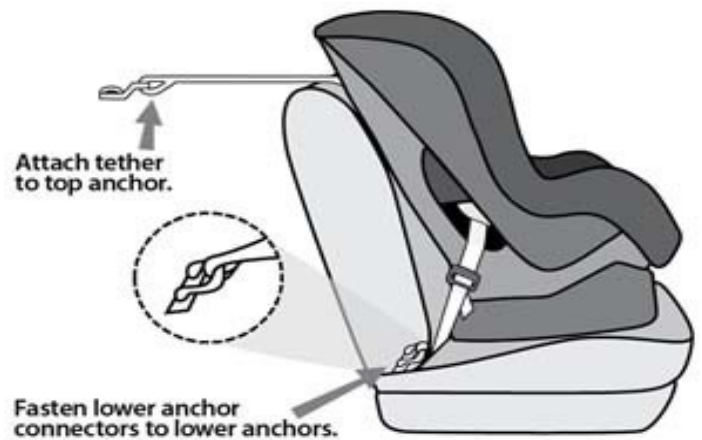
An appropriately sized infant car seat is required by law for all children under 12 years of age and less than 150 cm tall. It is recommended that you install your car seat prior to your newborn's arrival. The New Parent Support Program offers assistance with your car seat installation. Please contact NPSP to schedule your appointment with the child passenger safety technician. Remember to bring your baby's car seat with you to be discharged from the hospital.

For more car seat safety information, go to www.healthychildren.org.

Car Seat Safety Tips

- Check the label & ensure your seat is newborn appropriate with size & age
- Make sure to check the seat's expiration date & double check that it is still safe to use
- Register the car seat so you will be promptly notified about any recalls
- Once your car seat is installed, give it a good shake at the base & ensure it does not move more than an inch
- Your baby should always travel in the back seat of the car, in a rear facing car seat
- Once your baby is properly buckled in, make sure the straps are tight. Try to pinch the strap at the shoulder & if you are unable to pinch any excess webbing, you are good to go!
- The upper, front clip should be at nipple level.
- Please read the vehicle & car seat manuals to help you ensure the greatest safety for you & your baby

You will need to bring the car seat to the hospital after baby is born. It is a hospital requirement to take baby home in the car seat. We will check to make sure it fits!



Support During Delivery

The Landstuhl Regional Medical Center Patient Liaison office is available to provide communication assistance throughout your Host Nation hospital stay. They will also 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 at CIV: 06371-9464-4847 or DSN 590-4847. During after hours, please call Patient Gateway at CIV 06371-9464-5890 or DSN 590-5890.



Post-Partum Care

Your OB referral covers you up to 6 weeks postpartum. You need to see your Host Nation OB provider until you are released. Please bring your "Mutterpass" to all of your post-partum appointments. After these 6 weeks you can schedule an appointment with your primary care provider to discuss issues such as birth control, breast feeding, exercise, and postpartum depression. If you are interested in a breast pump, please contact the OB/GYN Clinic at LRMC for your breast pump prescription.

Common Post-Delivery Medications

(Available OTC at LPMC's Main Pharmacy)

- * **Tylenol:** 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.
- * **Motrin/Ibuprofen:** a non-steroid anti inflammatory that works by reducing inflammation and pain in the body caused by many conditions such as headache, toothache, back pain, arthritis, and menstrual cramps.
- * **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 cream liberally between feedings to help soothe and heal cracking or chapping.
- * **Colace:** a stool softener that 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.
- * **Tuck Pads:** provide relief from hemorrhoids during and/or after your pregnancy. They are also useful to help your episiotomy or relieve the discomfort from stitches. Place one pad in the center of your peri-pad and wear as usual.

Please check with your provider before taking any medications!



Post-Birth Requirements

Step 1: Form AE 40-400B

Collect all the necessary documents to enroll your child in DEERs, Command Sponsorship, obtain your baby's birth certificate, passport, social security card, and command sponsorship if indicated. Required documents are city dependent so check local requirements. The Host Nation Liaison is available for assistance during your hospital stay. Their office will assist you with Form AE 40-400B (Report of Child Born Abroad of American Parents) during your hospital stay.

Required Documents

- * Military ID cards
- * Passports (for both parents)
- * Birth Certificate (if parent does not have a passport)
- * Marriage Certificate (Original Certified Copy)
- * Affidavit for Mother/Affidavit of Parentage

Step 2: DEERS

Contact the DEERS office for document review and to schedule an appointment. You will need to enroll your newborn in DEERS within the first week of birth. Once you have AE Form 40-400B, bring all required documents to the DEERS office to enroll your newborn as soon as possible.

Step 3: Command Sponsorship

AD Dual Military, single parents and Army personnel assigned to LRMC contact: EFMP located in BLDG. 3744: 06371-9464-5756 DSN: 590 5756. All other AD Army: Check with your unit for Command Sponsorship requirements. All AD Air Force: Contact 786 FSS/FSPD, DEROS Management for Command Sponsorship package (480-1606/06371-47-1606).

Step 4: Tricare

Tricare enrollment cannot be completed until 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. Please contact the TSC to enroll your newborn when eligible.

Step 5: Well Child Exam

Newborns must be seen for a Well Child Exam at 2-3 days of life. Upon discharge from the hospital, please call LRMC to schedule baby's Well Child Exam:

If discharged during normal clinic hours	LRMC Central Appointments 0671-9464-5762
If discharged over the weekend or holiday	LRMC L&D 06371-9464-6343 LRMC NICU 06371-9464-5876

For baby boys, circumcisions are NOT performed at HN hospitals without a medical indication. This can be scheduled at the LRMC Peds Clinic until 2 weeks of life or at LRMC Urology Clinic after that age.

Step 6: Finance

Air Force personnel must wait until after the 2 week well baby appt. Your baby will need to be Command Sponsored prior to enrolling. Army personnel must go after 24 hours from enrolling in DEERS. (You will need to bring DD Form 1172 which is obtained at your DEERS appointment).

Step 7: Passport Office

Make this appointment pre-delivery if possible. Visit the Passport office at Kleber or Ramstein to complete your newborns passport application within 30 days of birth.

NOTE: your child will not be able to leave Germany without a passport.

* Provide an APO or German address (not a military base address) to minimize delays.

Step 8: German Birth Certificate

Your newborn's German birth certificate must be obtained before you depart Germany. Ask your Host Nation Patient Liaison office about where to obtain a German birth certificate (varies based on the location of the Host Nation hospital). Additionally inquire if you need to have documents translated to German. For your German birth certificate you will most likely need:

Form AE-400B	Passports
Original Marriage Certificate	Parents birth certificates
Any divorce decrees or naturalization papers	Approximately 30 euros (price may vary)

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.

2023 Recommended Immunizations for Children from Birth Through 6 Years Old

VACCINE	Birth	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	19–23 MONTHS	2–3 YEARS	4–6 YEARS
HepB Hepatitis B	HepB	HepB			HepB						
RV* Rotavirus			RV	RV	RV*						
DTaP Diphtheria, Pertussis, & Tetanus			DTaP	DTaP	DTaP		DTaP				DTaP
Hib* Haemophilus influenzae type b			Hib	Hib	Hib*	Hib					
PCV13, PCV15 Pneumococcal disease			PCV	PCV	PCV	PCV					
IPV Polio			IPV	IPV	IPV	IPV					IPV
COVID-19** Coronavirus disease 2019					COVID-19**	COVID-19**	COVID-19**	COVID-19**	COVID-19**	COVID-19**	COVID-19**
Flu+ Influenza					Flu (One or Two Doses Yearly)†	Flu (One or Two Doses Yearly)†	Flu (One or Two Doses Yearly)†	Flu (One or Two Doses Yearly)†	Flu (One or Two Doses Yearly)†	Flu (One or Two Doses Yearly)†	Flu (One or Two Doses Yearly)†
MMR Measles, Mumps, & Rubella						MMR					MMR
Varicella Chickenpox						Varicella					Varicella
HepA* Hepatitis A						HepA*		HepA*			

FOOTNOTES

RV* **Hib***
Administering a third dose at age 6 months depends on the brand of Hib or rotavirus vaccine used for previous dose.

COVID-19** Number of doses recommended depends on your child's age and type of COVID-19 vaccine used.

Flu† Two doses given at least 4 weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.

HepA* Two doses of Hep A vaccine are needed for lasting protection. The 2 doses should be given between age 12 and 23 months. Both doses should be separated by at least 6 months. Children 2 years and older who have not received 2 doses of Hep A should complete the series.

ADDITIONAL INFORMATION

1. If your child misses a shot recommended for their age, talk to your child's doctor as soon as possible to see when the missed shot can be given.

2. If your child has any medical conditions that put them at risk for infection (e.g., sickle cell, HIV infection, cochlear implants) or is traveling outside the United States, talk to your child's doctor about additional vaccines that they may need.

Talk with your child's doctor if you have questions about any shot recommended for your child.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

FOR MORE INFORMATION

Call toll-free: 1-800-CDC-INFO (1-800-232-4636)
Or visit: [cdc.gov/vaccines/parents](https://www.cdc.gov/vaccines/parents)



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Resource Contact List

Air Force services; Army services; services for all eligible personnel

Army Community Services:

Location: Kleber Bldg 3210,
DSN: 541-9000
CIV: 0611-143-541-9000

ASAP:

Location: Pulaski Barracks,
Bldg 2886-C
DSN: 541-1500 or
541-1503
CIV: 0611-143-541-1500 or
0611-143-541-1503

Benefits Counselor and Assistance Coordinator:

Location: Ramstein
Bldg 2114, Room 119
DSN: 479-2621
CIV: 06371-46-2621

Child Youth & Services:

Parent Central Services
Location: ROB, Bldg 162
DSN: 541-9065
CIV: 0611-143-541-9065

DEERS: Army

Location: Kleber Kaserne
Bldg 3245, Room 110
DSN: 541-1019
CIV: 0611-143-541-1019
Online appts: [https://
idco.dmdc.osd.mil/idco/](https://idco.dmdc.osd.mil/idco/)

DEERS: Air Force

Location: Ramstein
Bldg 2106, Room 117
DSN: 480-2240
CIV: 06371-47-2240
Online appts: [https://
booknow.appointment-
plus.com/y7jgzct0/](https://booknow.appointment-plus.com/y7jgzct0/)

Emergency Services:

Location: LPMC, Bldg 3711
DSN: 590-6321 or 6322
CIV: 06371-9464-6321 or 6322

Family Advocacy: Army

Location: LPMC, Bldg 3810
3rd floor
DSN: 590-6310
CIV: 06371-9464-6310

Family Advocacy: Air Force

Location: Ramstein
Bldg 2123
DSN: 479-2370
CIV: 011-49-637-146-2370

Host Nation Liaison Services

Location: LPMC, Bldg 3766
15C, Room 106
DSN: 590-7953
CIV: 06371-9464-7953

International SOS

www.TRICARE-overseas.com

Lactation Consultant Services

Location: LPMC 9A (Peds Clinic)
DSN: 590-4611
CIV: 06371-9464-4611

LRMC Central Appointments

DSN: 590-5762
CIV: 06371-9464-5762

LRMC Correspondence

DSN: 590-5203
CIV: 06371-9464-5203
Website: [https://
landstuhl.tricare.mil/Patient-
Resources/Medical-Records](https://landstuhl.tricare.mil/Patient-Resources/Medical-Records)

LRMC Family Medicine Clinic

Location: LPMC 1A/B
DSN: 590-5762
CIV: 06371-9464-5762

LRMC Main Pharmacy:

Location: LPMC 9B
DSN: 486-5601
CIV: 06371-86-5601

LRMC OBGYN Clinic

Location: LPMC 7B
DSN: 590-5839
CIV: 06371-9464-5839

LRMC Patient Administration: Birth Registration

Location: LPMC
DSN: 590-7053
CIV: 06371-9464-7053

Resource Contact List

Air Force services; Army services; services for all eligible personnel

New Parent Support Program:

Army
Location: LPMC Bldg 3820
DSN: 541-9028
CIV: 0611-143-541-9028

New Parent Support Program:

Air Force
Location: Ramstein, Bldg 2121,
2nd Fl
DSN: 479-2098
CIV: 06371-46-2098

Passports & SOFA Services:

Army
Location: Kleber Bldg 3245
DSN: 541-1019/1020
CIV: 0611-143-541-1019

Passports & SOFA Services:

Air Force
Location: Ramstein
Bldg 2106, Room 110
DSN: 480-2240
CIV: 06371-47-2240

Public Health:

Location: LPMC
Bldg 3705, Room 110
DSN: 590-5818
CIV: 06371-9464-5818

Ramstein MDG Family Medicine

Location: Ramstein, Bldg 2114
DSN: 479-2273
CIV: 06371-46-2273

Ramstein Appointment Line

DSN: 479-2273
CIV: 06371-46-2273

Ramstein Pharmacy

Location: Ramstein, Bldg 2114
DSN: 479-2541
CIV: 06371-46-2541

Tricare Active Duty Claims

TRICARE Overseas Program
P.O. Box 8976
Madison, WI 53708-8976
www.tricare-overseas.com

Tricare Nurse Help Line

Toll free: 0800-8251600

Tricare Service Center

DSN: 590-4830
CIV: 06371-9464-4830
Customer Regional Direct:
+(44) 20-8762-8384
Customer Service Toll Free:
+(1) 800-589-1599

WIC program:

All DoD ID card holders
Location: Ramstein, Bldg 2118
DSN: 480-4466
CIV: 06371-47-4466