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Kaiserslautern Military Community

Comprehensive Pregnancy to Childbirth Resource Guide



Landstuhl Regional Medical Center Military Treatment Facility

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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 TRICARE Prime 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

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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.

You will need to call the TSC within 1-2 business days where you will be asked 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) European hotline at 0800-589-1599. If possible, please bring paper copies of your records with you to the TSC 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 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. Johanns 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 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

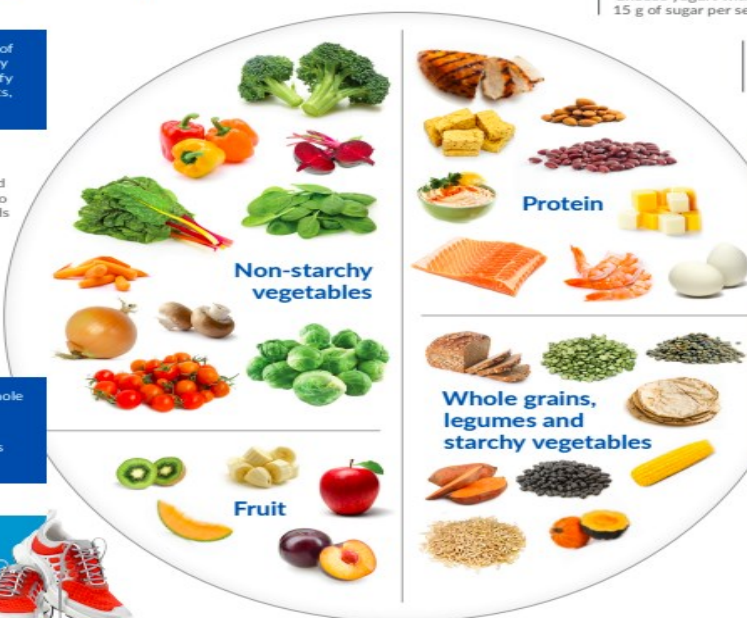
Choose large portions of a variety of non-starchy vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage.

Choose small amounts of healthy oils (olive and canola) for cooking or to flavor foods. Nuts, seeds and avocados contain healthy fats.



Choose a variety of whole fruits. Limit juice and dried fruits. Fruit is great for snacks and dessert, too.

Aim for at least 30 minutes of walking or another physical activity each day.



Choose 2 to 3 servings of nonfat or 1% milk or yogurt (cow, soy or almond). A serving is 8 oz. Choose yogurt with less than 15 g of sugar per serving.



Drink mainly water, decaf tea or decaf coffee and avoid sugary beverages.



Choose protein sources such as poultry, beans, nuts, low-mercury seafood, eggs, tofu or low-fat cheese. Limit red meat and avoid cold cuts and other processed meats.

Choose whole grains, such as whole wheat bread or pasta, brown rice, quinoa or oats and other healthy starches like beans, lentils, sweet potatoes or acorn squash. Limit white bread, white rice and fried potatoes.



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.

LARGE SNACK



1 slice whole wheat bread

1 Tbsp peanut butter

1 medium apple

TWO SMALL SNACKS



1 cup cubed melon

12 almonds

6 oz. low-fat yogurt

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

1 4-Point Kneeling
Strengthens and tones the abdominal muscles.

1. Kneel on all fours. Position your hips directly over your knees and position your shoulders directly over your hands. Your back should be straight.
2. Inhale deeply. Then exhale. As you exhale, pull your abdominal muscles in. This is called engaging your abdominal muscles. Do not hold your breath. Keep your back straight.



2 Seated Leg Raises
Strengthens abdominal muscles and helps with balance and stability.

1. Sit on a chair, keeping your back in a neutral position. Your feet should be flat on the floor, about as wide as your hips.
2. Engage your abdominal muscles. Keep your arms and tailbone relaxed. Do not hold your breath.
3. Raise your left foot off the ground by extending your knee. At the same time, raise your right arm. Hold for a few seconds.
4. Repeat with your right leg and left arm.



3 Seated Overhead Triceps Extension
Stretches and strengthens the triceps (upper arm muscles) and chest muscles. Also works abdominal and hip muscles.

1. While seated, keep your back straight and your feet flat on the floor.
2. Hold a resistance band in your right hand and raise your arm, then bend it at the elbow. Reach your left hand behind your back and hold the other end of the resistance band at the back of your waist.
3. With your elbow close to your head, raise and lower your right arm by bending your elbow. Keep the other end of the resistance band anchored behind your waist.
4. Repeat with the opposite side.



4 Ball Wall Squat
Stretches the muscles of the legs and buttocks. If you have any knee pain, do not do this exercise. If you can, work up to repeating this exercise 10 to 12 times.

1. Place exercise ball against wall. Stand and firmly press the ball into the wall using your lower back.
2. Distribute your weight between both feet. With a slow, controlled movement, squat down while firmly pressing against the ball. Do not let your knees collapse inward. Keep your feet flat. Maintain an open chest and avoid rounding your shoulders. Start with squatting halfway if you cannot squat all the way down.



5 Ball Shoulder Stretch
Stretches the upper back, arms, and shoulders.

1. Kneel on the floor with the exercise ball in front of you. Put your hands on either side of the ball.
2. Move your buttocks back toward your hips while rolling the ball in front of you. Keep your eyes on the floor. Do not arch your neck. Go only as far as comfortable to feel a gentle stretch. Hold for a few seconds.



6 Seated Side Stretch
Eases tension on the sides of your body and stretches your hip muscles.

1. Sit up tall on a chair, keeping your back in a neutral position and your abdominals pulled in. Your feet should be flat on the floor, about as wide as your hips. Put your left hand on your right knee.
2. Raise your right arm and bend it toward your left side until you feel a gentle stretch. Breathe normally. Do not hunch down or round your shoulders. Hold for a few seconds.
3. Repeat with the opposite side.



7 Kneeling Heel Touch
Tones muscles of the upper back, lower back, and abdomen.

1. Kneel on an exercise mat.
2. Using a slow, controlled movement, rotate your torso to the right. Bring your right hand back and touch your left heel. Extend your left arm above your head for balance.
3. Repeat with the opposite side.



8 Standing Back Bend
Helps counteract the forward bending that happens during pregnancy as your uterus grows.

1. Stand with your palms on the back of each hip.
2. Slowly bend back about 15 to 20 degrees. Hold for 20 seconds.



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, your receipt and prescription are needed to 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 Children, 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) offers 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 and beneficial programs for all Army families: Exceptional Family Member Program (EFMP), Family Advocacy Program (FAP), Military and Family Life Counseling (MFLC) Program, the Leaning 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).
- Open to ALL ID Card holders.
- Classes are available weekly. For class schedule and registration, contact ACS at DSN: 541-9028 / CIV: 0611-143-541-9028. Or the QR Code →



*New Parent Support Program
Class Registrations*

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

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

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 breastfeeding 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 provider.

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

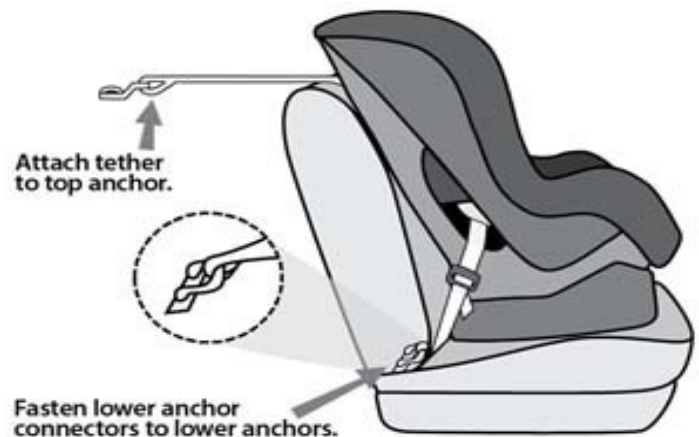
An appropriately sized infant car seat is required by law for all children under 12 years of age and less than 150 cm tall. Your infant seat must match the specifications of your car. For example, a German spec car requires a German car seat. It is recommended that you install your car seat prior to 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 DSN: 590-7953 or CIV: 06371-9464-7953 . The 24/7 on-call number is 0162-257-6987.



Postpartum 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, breastfeeding, exercise, and postpartum depression. If you are interested in a breast pump, please contact the OB/GYN Clinic at LRM for your breast pump prescription.

Common Post-Delivery Medications (Available OTC at LRMC'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.
- * **Witch Hazel Pads (Tucks Pads):** provide relief from hemorrhoids during and/or after your pregnancy. They are also useful to help your perineal laceration/tear, 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 into DEERS, obtain your baby's birth certificate, passport, social security card, and Command Sponsorship if needed. Required documents are city dependent so check local requirements. The Host Nation Liaison is available to assist you during your hospital stay. Prior to discharge, Form AE 40-400B (Report of Child Born Abroad of American Parents) should be completed.

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 a 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 appointment. 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

The Application for a Consular Report of Birth Abroad (CRBA) must be done electronically through the Department of State at www.MyTravel.State.gov. Parents must contact their servicing military's Official Passport Office for assistance to register your newborn.

Army Kleber Kaserne: usarmy.rheinland-pfalz.id-europe.mbx.kmc-mpd-passport@army.mil

Army Baumholder: usarmy.rheinland-pfalz.id-europe.mbx.bmc-mpd-passport-and-id@army.mil

Air Force Ramstein: 786fss.passports@us.af.mil

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)

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

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
COVID-19** Coronavirus disease 2019									COVID-19**		
Flu+ Influenza									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.**



FOR MORE INFORMATION
Call toll-free: 1-800-CDC-INFO (1-800-232-4636)
Or visit: cdc.gov/vaccines/parents



Resource Contact List

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

Air Force Benefits Counselor and Assistance Co-ordinator:

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

Army Community Services

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

Army Substance Abuse Program (ASAP)

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

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/>

DEERS: Air Force

Location: Ramstein
Bldg 2106, Room 117
DSN: 480-2240
CIV: 06371-47-2240
Online appts: <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
CIV: 0800-589-1599

Lactation Consultant Services

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

LRMC Beneficiary Counselor and Assistance Coordinator:

LRMC & Kleber empaneled patients
Location: LPMC, Bldg 3744
DSN: 590-4830
CIV: 06371-9464-4830

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>

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 Nutrition Clinic

Location: LPMC
DSN: 590-7144
CIV: 06371-9464-7144

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: LRMC 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

Location: Smith Barracks
Bldg 8660
DSN: 531-2404
CIV: 0611-143-531-2404

Passports & SOFA Services:

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

Public Health:

Location: LRMC
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