

Hohenfels Military Community

12 Steps for Expectant Parents

Detailed Reference Guide

As of 6 March 2013



NAME: _____

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CONGRATULATIONS!

This booklet provides important information you will need to successfully navigate through your pregnancy and birth experience while stationed in Hohenfels. Following each of the 12 steps will aid you and your family in having a positive pregnancy experience!

This guide was produced by a team of select personnel from the Hohenfels Army Community Service (ACS), the Hohenfels Health Clinic, and the Military Personnel Division (MPD). Please refer to this guide in conjunction with the 12 Step Quick Reference Map (included).

Please use this guide throughout your pregnancy and post-natal care; keep it with you, take notes, and check off the steps as you complete them.

Depending on your circumstances or when you arrived in Hohenfels, all steps may not be applicable before your delivery. Please check with each support agency to be sure you have completed all the necessary requirements to prevent any issues during or 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. You can find contact information on the last page.

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



STEP 1: HOHENFELS HEALTH CLINIC

Contact the Hohenfels Health Clinic to confirm your pregnancy and to discuss OB care options. Lab results are quick and your Primary Care Team Provider or Nurse will brief you on the results.

- After checking in at the front desk, you will go to the Laboratory to complete a pregnancy test.
- All prenatal and delivery care is conducted on the Host Nation Network through our TRICARE managed care contractor, International SOS (ISOS).
- Upon positive results, your Primary Care Team will review the following care options with you.
 - Option 1:** Prenatal & delivery care with Dr. Krieg in St. Marien's Hospital in Amberg (1 TRICARE auth)
 - Option 2:** Prenatal & delivery care in St. Hedwigs in Regensburg (1 TRICARE auth)
 - Option 3:** Prenatal care with Dr. Schlegel in Regensburg & delivery care in St. Josefs or St. Hedwigs (2 TRICARE auths)
 - Option 4:** Prenatal care with Dr. Erlbeck in Parsberg or Burglengenfeld & delivery care in St. Josefs or St. Hedwigs (2 TRICARE auths).

NOTE 1: Dr. Schlegel and Dr. Erlbeck **DO NOT DELIVER!**

NOTE 2: St. Josefs and St. Hedwigs hospitals may not always be able to maintain physician continuity due to their shift schedule.

STEP 1: HOHENFELS HEALTH CLINIC

- Please select one of these options carefully as it is critical to starting your prenatal care. If you do not select an option, the Clinic will refer you for prenatal care with Dr. Schlegel or Dr. Erlbeck and you will be required to gain a separate TRICARE authorization for the delivery at either St. Hedwigs or St. Josefs (STEP 6).
- Once you receive a TRICARE authorization, you should schedule an appointment with your Host Nation OB Provider. As a general rule, your Host Nation OB Provider will meet **ALL** of your OB related healthcare needs. You should schedule appointments with your PCM for non pregnancy related requirements, but we must keep all of your pregnancy related care with the OB Specialist. For some, this will be frustrating. However, the Hohenfels Health Clinic is not equipped and credentialed for pre-natal care. Additionally, having one OB Specialist manage your care is safest for you and your baby.

NOTE: TRICARE Prime Enrollees require an authorization (prior approval) before any non-emergency care. Authorizations take 5-6 days.

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STEP 2: PRENATAL CARE

- The use of Host Nation medical facilities is not new. For many years, Host Nation physicians, medical teams, and hospitals have provided emergency and specialty treatment which is unavailable at U.S. Military Treatment Facilities.
- Host Nation medicine in Germany has much in common with healthcare in the United States. The providers and staffs are highly educated professionals who provide excellent medical services. The last World Health Organization health system rating placed Italy, France, the Netherlands, and Germany in the top 25 of the world's health systems; the U.S was 37.
- During your first or second OB appointment, you will receive a **"Mutterpass"**. This little booklet is a record of your prenatal healthcare. Please keep it on you at all times to include all prenatal care appointments and when you go to the hospital to deliver.
- Your Host Nation OB Provider should provide the Hohenfels 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.

STEP 2: PRENATAL CARE

- TRICARE authorizations are often confusing. For example, you may require a second authorization to see a Host Nation Specialist if your OB Physician wants you to see a sub-specialist. Do not hesitate to contact the Clinic’s Benefits Counselor and Assistance Coordinator (BCAC) at 09472-83-4538 or the 24-hour International SOS (ISOS) hotline at 4420-8762-8384.
- If your Host Nation OB Provider prescribes any medications, you will need to visit a German Apotheke (Pharmacy) with your military ID card and 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.
- As a courtesy to TRICARE Prime patients stationed in Hohenfels, the Paracelsus Apotheke supports cashless billing for Hohenfels Families. This however is not a TRICARE entitlement and could change. You must bring your military ID and prescription.

NOTE: The Paracelsus Apotheke is across the street from the Italian Ice Cream Parlor in Parsberg (Page 38).

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STEP 3: Army Community Service (ACS)

Go to Army Community Service in BLDG 10:

- **Enroll in our “Great Expectations” series;** Weekly classes every Thursday from 11:30-13:00

Week # 1: Prenatal care, Nutrition, Exercise, and WIC

Week # 2: Staying Strong as a Couple

Week # 3: Newborn Care and Infant Bonding

Week # 4: Feeding Your Baby

Week # 5: Childbirth and Delivery

Week # 6: Passports, DEERS, and TRICARE

For dates of each of the classes, please contact **New Parent Support Program Office** at 09472-83-4073/4323.

- **WIC Overseas Program**

The Women, Infants, and Children (WIC) Overseas Program provides several important benefits: nutritious food that will contribute to a healthier diet; education on nutrition and proper diet; tips on how to prepare a balanced meal; nutrition and health screening; and access to other resources to lead a healthy life. WIC Overseas is designed to provide supplemental nutritional food for eligible beneficiaries. To schedule an appointment, please contact the WIC Overseas Office, located in BLDG 10, at 09472-83-4601.

PAPERWORK PITSTOP

During early pregnancy:

Collect all the necessary documents you will need to obtain your child's birth certificate, passport, social security card, and command sponsorship.

- Contact the Military Personnel Division (09472-83-4030) to make an appointment for review of these documents and to start the application process.
- This will help prevent issues after your child is born and gives you plenty of time to obtain the correct documents if you do not already have them.
- Please see The Document Checklist (Page 40) for the things you will need for this consultation.

Parent Central Services:

- To become eligible for full time, part time, and hourly care programs, families must register each child.
- If you will require full time care, please note there may be a wait list.

For more information about Child, Youth & School Services, please contact Parent Central Services Office at 09472-83-2078.

Home Care Consultant:

- Assistance with home safety and baby proofing
- Organize rooms/nursery before the baby arrives

Call 09472-83-4860 to find out more about this service or set up a consultation.

STEP 4: HOSPITAL TOURS (HEALTH CLINIC)

HOSPITAL TOURS

The Hohenfels Health Clinic conducts tours of St. Josef Hospital and St. Hedwig Hospital quarterly.

- Tours are offered in NOV, FEB, MAY, and AUG.
- Dates and times can be found in the Hohenfels Hometown Happenings.
- Please contact the front desk at 09472-83-1750 to sign up for the tours.
- **Transportation is not provided.**
- Please allow approximately 3-4 hours for each tour. A Question & Answer time is available at each hospital.
- Please contact the Vilseck Army Community Service (ACS) New Parents Support Group if you wish to visit St. Marien's Hospital in Amberg.

FAQ's

- Can I have a private room so my spouse can stay at the hospital with me?
 - *German hospitals will allow a private or family room if there is one available. You must pay for this service, the cost is upfront and 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 births, the typical length of stay is 2-3 days. If you have a C-section, you will most likely stay 3-5 days.*

STEP 5:(DELIVERY AUTHORIZATION) HEALTH CLINIC

IN-PATIENT REFERRAL

- This step is only required if the TRICARE authorization you received in STEP 1 only includes prenatal outpatient care.
- If you require a separate delivery authorization, please contact your Primary Care Team via Relay Health (www.relayhealth.com) or through the front desk (09472-83-1750) to initiate the referral process.
- If you have questions about the referral process, please contact the Hohenfels TRICARE Referral Management Office (TRMO) at 09472-83-4538/4191.

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PACKING YOUR BAG

It's possible to walk into the hospital and deliver your baby without lugging along a suitcase, particularly if your partner can go home later and bring back whatever necessities you lack. Most women are happier, however, knowing that their own clothes, makeup and toothbrush are close at hand. 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 and washcloths (hospital towels can be very tiny)
- 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
- An outfit for the baby to wear home and baby blankets
- Sanitary napkins (hospitals provide big bulky ones)
- Health insurance information
- Food/snacks for yourself and your partner
- Bottled still water, Local Hospitals have mineral 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!!!**

*****Know the route to the hospital and where to go. Inclement weather can occur suddenly here in Germany...so pack your bag early and keep it in the car just in case!**

STEP 7: NEWBORN CHECK-UP (CLINIC)

- SCHEDULE AN APPOINTMENT 3-5 DAYS AFTER BIRTH**
- Call the Hohenfels Clinic Central Appointment Line DSN 466-1750 or Civilian line 09472-83-1750 between 0700-1700 Mon-Thu and 0700-1200 on Friday. **This appointment cannot be set without completing the mini-registration.**
- At this visit, your provider will:
 - Discuss breast/bottle feeding
 - Make sure your baby is gaining weight
 - Ensure that the hearing screening was passed
 - In accordance with the American Academy of Pediatrics recommendation, provide a Vitamin K injection and conduct a Phenylketonuria test. This injection is required if you elect to circumcise your infant.
 - Discuss the well-child schedule
- In addition to the 3-5 day visit, if a circumcision is desired, please immediately schedule this upon discharge from the hospital.
- *** The Hohenfels Clinic can only perform circumcisions before a baby is 14 days old.**
- **** Circumcisions are not offered at German Hospitals.**
- Before leaving the Hohenfels Clinic, be sure to set your Child's 2-4 week well-baby appointment.

3-5 DAY APPT: _____

CIRCUMCISION APPT: _____

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STEP 8: HOHENFELS RATHAUS (CITY HALL)

- GO TO THE HOHENFELS RATHAUS. YOU WILL NEED:**
- Both parents and the baby present
- Original Passport of both parents (or a certificate of citizenship from MPD)
- ID cards
- Original Marriage Certificate
- Original Birth Certificate of both parents
- Divorce decree, if applicable
- You will need to bring your physical address; not your CMR (Community Mail Room).
- 5 Euros (admin fee)



*You may choose to go to the Regensburg Rathaus to complete this step. You will still need all the same documents.

You will always receive the birth certificate in your German mailbox; **not your CMR. German Birth Certificate will be mailed to you within 7-10 days.

RATHAUS HOHENFELS
PFARRER-ERTL-PLATZ 3
92366 HOHENFELS
PHONE: 09472-9401-0

RATHAUS REGENSBURG
DR MARTIN LUTHER KING STR 3
93047 REGENSBURG
PHONE: 0941-507-1342

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STEP 9: WELL-CHILD EXAMS (CLINIC)

SCHEDULE APPOINTMENT FOR 2-4 WEEKS AFTER BIRTH

Your child requires periodic well-child exams throughout the course of their young lives. These exams are critical during infancy when the child is growing the fastest. During each well-child exam, your Primary Care Manager (PCM) will assess your child's physical and oral health, administer vaccinations, and assess for normal milestone development based on his / her age. The first visit should be within 3-5 days of your infants birth (STEP 7). 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>3-5 Days:</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>15 Month:</u>

STEP 10: MILITARY PERSONNEL DIVISION (MPD)

GO TO MPD (BLDG 10) TO COMPLETE THE FOLLOWING:

- [Passport Application](#)
- [Report of Birth Abroad](#)
- [DEERS Enrollment](#)
- [Command Sponsorship](#)
- [Social Security Card](#)

*Call 09472-83-4030/2212 to schedule an appointment.

**Bring all necessary documents to the appointment.

***Gathering your paperwork early as recommended in STEP 2 during the "**Paperwork Pit Stop**" will make this process very easy.

NOTE: You must have the German Birth Certificate before you schedule your appointment at MPD to obtain the rest of your child's documents.

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STEP 11: TRICARE ENROLLMENT (CLINIC)

GO TO THE TRICARE ENROLLMENT OFFICE AT THE HEALTH CLINIC (ROOM 302, DSN 466-4528):

- You are required to enroll your baby in TRICARE Prime after completing the Defense Enrollment Eligibility Reporting System (DEERS) enrollment and obtaining command sponsorship (STEP 10).
- The TRICARE enrollment cannot be completed unless command sponsorship and DEERS enrollment has been approved.
- The Mini Registration that you completed prior to the 3-5 day well-baby appointment or at your child's birth is only temporary to allow 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. This includes emergencies.

*If you are unsure about this process or would like more information, please contact the TRICARE Benefits Service Representative at 09472-83-4528.

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STEP 12: POST PARTUM EXAM (CLINIC)

Mother's Post Partum Exam:

- The New Mother's 6 week post partum exam can be completed by your Hohenfels Health Clinic Primary Care Team; **do not return to your German Provider for this exam.**
- Please bring your **"Mutterpass"**



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CONCLUSION

We hope this guide proved beneficial during your pregnancy. The following pages offer additional information which you will likely need.

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



ADDITIONAL INFORMATION

What is Normal?

It is normal during pregnancy to experience some discomforts, even some twinges and aches that 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.

- **Vaginal Bleeding; heavy period-like bleeding**
- **Uncontrolled vomiting**
- **Rapid swelling of the face, hands, and fingers**
- **Rapid weight gain (more than 2LBs in one 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)**

Some symptoms of pregnancy may be uncomfortable or seem unusual, but may in fact be normal. 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 2d and 3d trimesters***



ADDITIONAL INFORMATION

Over the Counter Medications

There are a variety of over the counter medications available for common illnesses. In addition to trying natural remedies, some of the more common and safe medications for pregnant women include:

- **Tucks Pads**
- **Preparation H**
- **Deep Sea (Normal Saline Nose Drops)**
- **Cepacol Lozenges**
- **Calamine Lotion**
- **Benadryl Elixir / Tablets**
- **Bacitracin Ointment / Neosporin**
- **Acetaminophen (Tylenol) Drops or Tablets**

The following are medications you **SHOULD NOT** take while pregnant

- ***Any Laxative***
- ***Pepto Bismol***
- ***Ibuprofen, Motrin, Naprosyn, or Aleve***
- ***Aspirin***
- ***Alka Seltzer***
- ***Dextromethorphan or other Multi-Symptom Cold Medications***

Please consult with your OB Physician for any medication questions while pregnant.

Please consult with your OB Physician or Primary Care Provider (PCM) for any medication questions while breastfeeding.



ADDITIONAL INFORMATION

Pregnancy Travel Considerations

- **Military Flights:**
 - You must have a Doctor's permission, in writing, to travel on a Military Aircraft after 35 weeks gestation.
 - 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.
 - Contact civilian airlines to research specific requirements prior to purchasing tickets.
- **While Pregnant**
 - 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. Sitting / standing for prolonged periods increases the risk for complications.
- **New Babies:**
 - Please use caution when planning travel and ensure you leave plenty of time to obtain your infant's passport.
 - Although it is nice to travel, remember that your infant's immune system is not strong. Be cautious of big crowds and places where germs spread fast



ADDITIONAL INFORMATION

Pregnancy & Post Partum Guidelines

- Regular exercise, at least 3 times per week, is preferable to intermittent activity. Competitive activities should be discouraged.
- Vigorous exercise should not be performed in hot, humid weather or during a period of febrile illness.
- Ballistic movements (jerky, bouncy motions) should be avoided. Exercise should be done on a wooden floor or a tightly carpeted surface to reduce shock and provide sure footing.
- Deep flexion or extension of joints should be avoided. Activities that require jumping, jarring motions or rapid changes in direction should be avoided because of joint instability.
- Vigorous exercise should be preceded by a 5 minute period of muscle warm-up. This can be accomplished by 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. Stretches should not be taken to the point of maximum resistance.
- 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 and after exercise to prevent dehydration. If necessary, activity should be interrupted to replenish fluids.

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ADDITIONAL INFORMATION

- Women who have led sedentary lifestyles should begin with physical activity of very low intensity and advance activity levels gradually.
 - Activity should be stopped and the physician consulted if any unusual symptoms appear (see 'Signals to Stop Exercising').
 - Care should be taken to gradually rise from the floor to avoid orthostatic hypertension. Some form of activity involving the legs should be continued for a brief period.
- Pregnancy only:
- Maternal heart rate should not exceed 140 beats per minute.
 - Strenuous activities should not exceed 15 minutes in duration.
 - No exercise should be performed in the supine position after the fourth month of gestation is completed.
 - Exercises that employ the Valsalva maneuver (holding of one's breath with exertion) should be avoided.
 - Caloric intake should be adequate to meet not only the extra needs of pregnancy, but also of the exercise performed.
- Specific recommendations:
- Jogging:** It is generally recommended that women do not start jogging during pregnancy. If jogging is initiated during pregnancy, it should be started at a low intensity and frequency, with monitoring for any of the symptoms listed in 'Signals to Stop Exercising'. As the pregnancy progresses, speed and distance may be reduced gradually so that the perceived level of exertion remains the same.



ADDITIONAL INFORMATION

- **Aerobics:** The ACOG guidelines recommend that exercise in the supine position, as well as jerky, bouncing movements and deep flexion and extension, be avoided after four months gestation. These restrictions significantly limit the aerobic exercises that can be done.
- **Swimming:** Swimming is considered by many to be the perfect aerobic exercise and can safely be initiated during pregnancy. However, swimming in excessively cold or hot water should be avoided.
- **Weight Lifting:** Lifting lightweights for maintenance of strength can be cautiously continued throughout pregnancy if proper breathing is performed and the Valsalva maneuver is avoided. Lifting heavy weights should be avoided, especially those exercises that may strain the lower back (e. g. dead lifts, bent rows and squats).
- **Contact Sports:** Because of the potential for trauma to the abdomen, it is generally recommended that pregnant women avoid collision sports and some contact sports, especially football and field hockey. Basketball, volleyball, gymnastics and horseback riding are also considered dangerous.
- **Racquet Sports:** Tennis, racquetball and squash are thought to be fairly safe for pregnant women. However, as pregnancy progresses, the intensity of play should be reduced to prevent heat stress and injuries due to impaired condition.

-Continued-



ADDITIONAL INFORMATION

- **Skating:** Ice skating, roller blading and roller skating is more dangerous than skiing, because falls on hard surfaces cause more serious trauma. Skating should definitely not be engaged in by inexperienced skaters and should be pursued only with extreme caution by experienced skaters.
- **Downhill and Cross-Country Skiing:** Experienced skiers may continue to ski cautiously during pregnancy. Falling may be dangerous, however these sports should not be pursued by inexperienced pregnant skiers.
- **Contraindications to exercise during pregnancy:**
 - *Hemodynamically significant heart disease*
 - *Recurrent cervical incompetence*
 - *Current uterine bleeding*
 - *Current ruptured membranes*
 - *Intrauterine growth retardation*
 - *Fetal distress*
 - *Previous miscarriage (more than one)*
 - *Previous premature labor (more than one)*
 - *Uncontrolled hypertension*
 - *Uncontrolled diabetes mellitus*
 - *Uncontrolled renal disease*
 - *Hemodynamically significant anemia*
 - *Excessive obesity*
 - *Malnutrition*
 - *Multiple gestations*



ADDITIONAL INFORMATION

- **Signals to Stop Exercising:**
- Breathlessness
- Dizziness
- Headache
- Muscle weakness
- Nausea
- Chest pain/tightness
- Back pain
- Hip or pubic pain
- Difficulty walking
- Generalized edema
- Decreased fetal activity
- Uterine contractions
- Vaginal bleeding
- Amniotic fluid leakage

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

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



ADDITIONAL INFORMATION

Post Partum Pack

- **All these medications are safe to take while breastfeeding:**

After you are discharged from the hospital, contact your Primary Care Team to obtain some much needed items from our pharmacy. Your nurse can create a T-con to the provider and order the medications for you. Although it may seem convenient to have these items before you deliver, it is better to wait, as you may need other items as well, depending on your birth/delivery experience.

- **Motrin/ Ibuprofen:** You can take up to 800mg every 8 hours for pain. **Motrin** is in a group of drugs called non-steroidal anti-inflammatory drugs (NSAIDs). It works by reducing hormones that cause inflammation and pain in the body. **Motrin** is used to reduce fever and treat pain or inflammation caused by many conditions such as headache, toothache, back pain, arthritis and menstrual cramps.
- **Tylenol:** You can take up to 625mg every 6 hours for pain. **Tylenol** is a fever- and pain reducing medication that is widely used to relieve simple headaches and muscle aches, the minor aches and pains associated with the common cold, backache, toothache, minor pain of arthritis and menstrual cramps.



ADDITIONAL INFORMATION

- **Tucks pads:** Provides relief for hemorrhoids during/after pregnancy. Also perfect postpartum to heal your episiotomy. They really help to relieve the discomfort of stitches. Place one pad in the center of your peri-pad and wear as usual. Replace as needed.
- **Lanolin Cream (Lansinoh):** Apply to sore nipples as needed. Often, breastfeeding can cause chapping/breakdown 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:** Take 100mg twice daily to help soften your stools. **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 rectal damage cause by hard stools or by straining during bowel movements. Drinking lots of water (**at least 8 glasses a day**) will also help with this and help with your milk production if you are breastfeeding.

NOTES: _____



IMMUNIZATIONS

Immunizations exist to protect people from dangerous illnesses, some of which have serious complications resulting in possible 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). Immunizing until a disease is eliminated from the population protects not only your children, but also your grandchildren and other future generations.

The following page provides the European Regional Medical Command's (ERMC) precise immunization schedule for children birth to 16 years of age, which directly reflects the CDC's recommended schedule discussed above. At the following milestones anticipate that immunizations will be discussed and planned for at well-child visits:

- | | |
|-----------------------------|-----------------|
| • Birth (or 2 weeks of age) | • 15 months |
| • 2 months | • 18 months |
| • 4 months | • 4 - 6 years |
| • 6 months | • 11 - 12 years |
| • 12 months | • 16 years |

Messages in the media regarding immunizations can be confusing. Discuss the risks and benefits with your child's Primary Care Provider. Rest assured that due to continued vaccinations, some diseases have been almost entirely eliminated from the United States. Continued immunity will only help strengthen the health of our population.

ERMIC UNIFIED PEDIATRIC IMMUNIZATION SCHEDULE

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
	OTHER
6 months - 18 years	Annual Influenza vaccine

NOTE: Currently not requiring an MMR for all infants 6 - 11 months of age living in Europe, but you may give this vaccine if requested by the parents. These infants will still require 2 additional MMRs at 12 months and 4 years of life.

DIRECTIONS



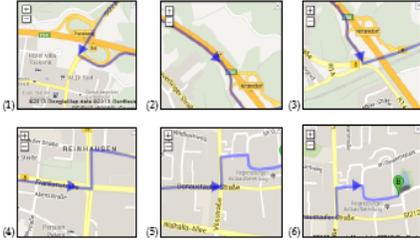
Praxis Dr. med. Schlegel
(Frauenaezrte im Gewerbepark)
 (phone number: 0941-464440)

> The Praxis Dr. Schlegel is specialized in OB/GYN services.

GPS address:
 Im Gewerbepark C 15
 93059 Regensburg

Directions:

- From Gate 1 (JMRC Hohenfels) turn right onto the main road to Farnsberg
- Turn left and merge onto A3 via the ramp to Regensburg/Passau (1)
- Take exit 97-Nittendorf for B8 (2)
- Turn left onto B8 (3)
- Slight left onto Frankenstrasse/ B8 (4)
- Turn left onto Nordgaustrasse/ B15 (4)
- Take the 1st right onto Donausaufer Strasse/St. 2125 (4)
- Turn left onto Lechstrasse (5)
- Take the 1st right onto Im Gewerbepark (6)
- Turn right to stay on Im Gewerbepark, follow the signs for section/building C15
- Your destination is located the large Tower.



DIRECTIONS



Praxis Dr. Erlbeck

(Villa Vitalis)

(phone number: 09471-702620)

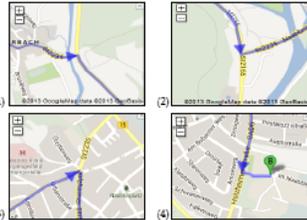
► Praxis Dr. Erlbeck is specialized in OB/GYN services.

GPS address:

Im Naabtalpark 2
93133 Burglengenfeld

Directions:

- From Gate 1 (JMRC Hohenfels) turn left onto the main road to Hohenfels
- Continue driving through Hohenfels, follow St.2234
- Turn right onto St. 2145 (after passing Rohrbach) (1)
- Turn left onto St. 2235 (through Kallmuens)
- Continue driving on St.2235 (Kallmuenser Strasse)
- Turn right onto Holzheimer Strasse/SAD 6
- Turn left onto Im Naabtalpark
- Your destination on Im Naabtalpark is on the right.



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DIRECTIONS



Klinik St. Hedwig

(phone number: 0941-36998)

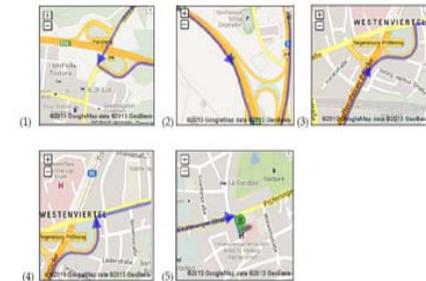
► The St. Hedwig Hospital is specialized in OB/GYN, Pediatric Services including neonatal intensive care and infertility treatment.

GPS address:

Steinmetzstrasse 1 - 3
93049 Regensburg

Directions:

- From Gate 1 (JMRC Hohenfels) turn right onto the main road to Parsberg
- Turn left and merge onto A3 via the ramp to Regensburg/Paisau (1)
- Take exit Weiden onto A93 (2)
- Take exit Pruefenung (3)
- Turn right onto Pruefenunger Strasse (4)
- After 800m turn right onto Steinmetzstrasse (5)
- Your destination on Steinmetzstrasse is on the left (The trip takes 20mins)



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DIRECTIONS



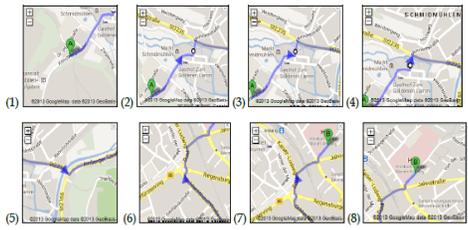
Klinikum St. Marien Amberg
 (phone number: 09621-380)

> The Klinikum St. Marien Amberg is specialized in OB/GYN & Pediatric Services.

GPS address:
 Mariahilfbergweg 7
 92224 Amberg

Directions:

- From Gate 3 (Schmidmuehlen Gate/JMRC) continue toward Am Schügelgraben (1)
- Turn right onto Poststrasse/Rathausstrasse (2)
- Turn left into Poststrasse (3)
- Take the first right onto Hohenburger Strasse/St.2235, continue to follow St.2235 (4)
- Turn left onto Amberg-Strasse/St.2165, continue to follow St.2165 (5)
- At the roundabout, take the 2nd exit onto Kaiser-Ludwig-Ring (6)
- Turn right onto Mariahilfbergweg (7)
- Your destination on Mariahilfbergweg is on the left (8)



DIRECTIONS



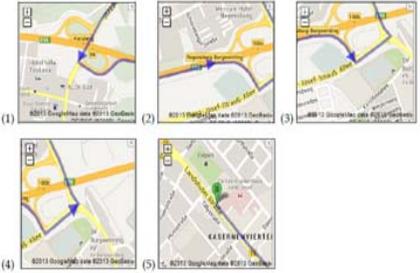
Caritas Krankenhaus St. Josef
 (phone number: 0941-7820)

> The St. Josef Hospital is specialized in OB/GYN, Urology, Internal Medicine and Surgery

GPS address:
 Landshuterstrasse 65
 93053 Regensburg

Directions:

- From Gate 1 (JMRC Hohenfels) turn right onto the main road to Passau (1)
- Turn left and merge onto A3 via the ramp to Regensburg/Passau (1)
- Take exit Regensburg-Burgweinting (2)
- Turn left onto Franz-Josef-Strauss-Allee (3)
- Turn left onto Landshuter Strasse (4)
- Continue on Landshuter Strasse
- Your destination on Landshuter Strasse is on the right (5) (The trip takes 20mins)



PARACELSUS APOTHEKE



Paracelsus Apotheke
(phone number: 09492-94160)

GPS address:
Dr.-Boecale-Strasse 5
92331 Farnsberg

Directions:

- From Gate 1 (JMR/C Hohenfeld) turn right onto the main road to Farnsberg
- Continue driving toward Farnsberg (922234), go through 2 roundabouts (1)
- Turn left onto Dr. Boecale-Strasse (2)
- Your destination on Dr. Boecale-Strasse is on the right (across from the Farnsberg Ice Cream Café)



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Host Nation Patient Liaison Service

Host Nation Patient Liaisons are available to assist TRICARE beneficiaries hospitalized in Host Nation medical facilities or during the initial prenatal visits upon request.

Host Nation Patient Liaisons can:

- Help plan your transfer from a military treatment facility to a Host Nation medical facility or from a Host Nation facility to a military medical facility by civilian ambulance or by your privately owned vehicle.
- Ease language barriers between the patient and Host Nation Providers and provide the patient with a copy of the U.S. Army Europe Medical Phrase Book.
- Talk to your Host Nation physician to get up-to-date information on your medical condition and treatment plan.
- Answer questions about treatment, environment of care, and follow-up care to the best of their knowledge, or when doctors are unavailable.
- 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.
- Assists with the discharge of a patient from a Host Nation hospital.

DSN phone: 466-4549/ 3602/ 4529, **CIV phone:** 09472-83-4549 /3602/ 4529

Hours: Mon - Thur 8:00 a.m. - 5:00p.m.; Fri 8:00 a.m. - noon
Closed weekends, federal holidays and German holidays.

After hour emergencies, the liaisons can be reached by contacting Clinic Staff Duty: 0162-2545916.

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THE DOCUMENT CHECKLIST

- Original Passport of both parents (or a certificate of citizenship from MPD)
- ID cards
- Original Marriage Certificate
- Original Birth Certificate of both parents
- Divorce decree, if applicable

You will need to obtain originals of all of these documents; copies are not accepted.



ADDITIONAL INFORMATION

Nurse Advice Line: 00800-4759-2330

- Gives you 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>

NOTES: _____



Internet Resources

Recommended websites:

- www.childbirth.org
- www.familydoctor.org
- www.plannedparenthood.org
- www.gotmom.org
- www.nlm.nih.gov/medlineplus/pregnancy.html
- www.la lecheleague.org
- www.breastfeeding.com
- www.intelihealth.com
- www.modimes.org
- www.mayoclinic.org
- www.healthwomen.org
- www.nal.usda.gov/fnic
- <http://www.tricare.mil/mybenefit>
- <http://www.tricare.mil/tma/EurasiaAfrica>
- www.cdc.gov



Hohenfels Bavarian Military Community

Hohenfels Health Clinic
BLDG 51
09472-83-1750

Army Community Service
BLDG 10
09472-83-4860

Military Personnel Division (BLDG 10a)
09472-83-4030/2212

TRICARE Enrollment
BLDG 51
09472-83-4528

Fire Department / Emergency Services
09472-83-116 or 09472-83-117

