



TRICARE Childbirth and Breastfeeding Support Demonstration

Quick Reference Guide For TRICARE West Region Providers

Key Points

- The Childbirth and Breastfeeding Support Demonstration (CBSD) covers the following support services: certified non-medical labor doulas, certified lactation consultants, and certified lactation counselors.
- CBSD is not covered by TRICARE For Life, U.S. Family Health Plan, or the Continued Health Care Benefit Program.
- There are no cost-shares, copayments, or deductibles for covered breastfeeding counseling services. Additional charges may apply for out-of-network services.

Childbirth and Breastfeeding Support Demonstration Eligibility

TRICARE CBSD covers the following support services:

- Certified non-medical labor doulas
- Certified lactation consultants
- Certified lactation counselors

TRICARE CBSD offers enhanced support services for eligible TRICARE Prime, TRICARE Prime Remote, and TRICARE Select beneficiaries, including:

- Childbirth support services for beneficiaries who are planning to give birth outside a military hospital or clinic and are:
 - At least 20 weeks pregnant for childbirth support.
- Individual and group breastfeeding counseling services for beneficiaries who qualify for [TRICARE's breastfeeding support benefit](#).

CBSD is not covered for beneficiaries enrolled in TRICARE For Life, the US Family Health Plan, or the Continued Health Care Benefit Program.

Provider Qualifications

Certified providers must meet specific requirements to provide CBSD services to eligible beneficiaries.



Certified Labor Doula (CLD)

To offer services to eligible TRICARE beneficiaries, CLDs must have a signed participation agreement before delivering services.

Education

- CLDs must have completed a minimum of 24 education hours on the topics below:
 - Labor physiology
 - Labor doula training
 - Antepartum doula training
 - Postpartum doula training

Experience

- Within the last three years provided continuous in-person childbirth support for at least three childbirths as the primary labor doula supporting the birthing parent, with a minimum of 15 hours over the three childbirths.
 - At least two of the three births must be vaginal births.
 - Antepartum and postpartum support must be provided for at least one birth.

Certification

- Has a current certification as a CLD, certified doula, or similar perinatal certification (postpartum doula certification by itself does not qualify), obtained within the last three years from one of the following organizations:
 - BirthWorks International
 - Childbirth and Postpartum Professional Association
 - Doulas of North America International
 - To Labor
 - The National Black Doulas Association
 - Medicaid Participation in Lieu of Certification
 - Effective April 11, 2024, participation in a Medicaid doula program may be substituted for the certification requirement for CLDs practicing in states with an active statewide doula Medicaid benefit. Participation must be in a permanent statewide Medicaid doula program, excluding geographically or time limited programs and programs with requirements set by affordable care or managed care organizations. CLD may only practice in the state in which they are a Medicaid doula.

Other Requirements

- Cardiopulmonary Resuscitation (CPR) certification: Shall maintain a current adult, child, and infant CPR certification.
- Licensed, if your state offers a license.
- National Provider Identification (NPI) number: doula shall submit claims under their own NPI number.



Lactation Consultant

To offer services to eligible TRICARE beneficiaries, lactation consultants must meet the following requirements:

Certification

- Has a current certification from one of the following:
 - International Board of Lactation Consultant Examiners. Certification as an International Board-Certified Lactation Consultant (IBCLC) qualifies.
 - Academy of Lactation Policy and Practice, Inc. (ALPP). Certification as an Advanced Lactation Consultant or an Advanced Nurse Lactation Consultant qualifies.

Other Requirements

- CPR certification: Shall maintain a current adult, child, and infant CPR certification.
- Licensed, if your state offers a license.
- National Provider Identification (NPI) number: Lactation consultant shall submit claims under their own NPI number.

Lactation Counselor

To offer services to eligible TRICARE beneficiaries, Lactation Counselors must meet the following requirements:

Certification

- ALPP. Certification as a Certified Lactation Counselor qualifies.

Other Requirements

- CPR certification: Shall maintain a current adult, child, and infant CPR certification.
- Licensed, if your state offers a license
- NPI number: lactation counselor shall submit claims under their own NPI number.

Provider Reimbursement

Reimbursement for Lactation Consultants/Counselors

The lactation consultant/counselor shall bill for services under the breastfeeding support portion of the demonstration but shall not bill for any other services performed by a lactation consultant or lactation counselor.

The lactation consultant/counselor and other TRICARE-authorized providers must verify that all claims for breastfeeding support services under the demonstration include the appropriate Health Insurance Portability and Accountability Act (HIPAA) taxonomy designation of each provider type.

The designations to be used are:

- 163WL0100X Lactation Consultant (if a registered nurse).
- 174N00000X Lactation Consultant (if not a registered nurse).
- 174400000X Lactation Counselor (if the National Uniform Claims Committee creates a taxonomy designation specific to lactation counselors, that taxonomy designation shall be used).

TRICARE is a registered trademark of the Department of Defense (DOD), DHA. All rights reserved.



- Other appropriate HIPAA taxonomy based on license/certification.

If services were provided via telehealth, include the appropriate modifier (either GT or 95).

Individual Lactation Consulting

- CPT code 99401 – 15 minutes
- CPT code 99402 – 30 minutes
- CPT code 99403 – 45 minutes
- CPT code 99404 – 60 minutes

Group Lactation Consulting

- CPT code 99411 – 30 minutes
- CPT code 99412 – 60 minutes

For more information on reimbursement for lactation specialists visit the [TRICARE CMAC Allowable Charges web page](#).

- Step 1: Click “Cross Code Lookup”.
- Step 2: Choose, CMAC and Component (locality dependent).

Reimbursement for Certified Labor Doula

TRICARE will cover up to six hours of visits, divided into 15-minute increments, by a CLD at no additional cost to the beneficiary. These visits can be before or after the patient gives birth. The patient will also get one visit during birth. Any non-network doulas must meet CBSD qualifications outlined under TRICARE.

TriWest requires all CLDs delivering care to be participating providers. To be eligible for reimbursement for dates of service on or after Jan. 1, 2025, both network and non-network providers must have a signed participation agreement prior to delivering services. CLDs must agree to file claims and accept TRICARE reimbursement as payment in full for services rendered on or after Jan. 1, 2025.

The designation to be used is 374J00000X Doulas.

Antepartum and Postpartum Support Visits

Antepartum and postpartum support visits are timed per 15-minute increment. Providers shall bill a maximum of 24, 15-minute increments combined for antepartum and postpartum visits per birth event. The provider shall bill antepartum and postpartum support visits using CPT code T1032.

Continuous Labor Support

The continuous labor support visit is untimed. The provider shall bill the continuous labor support visit using CPT code T1033 and must reimburse only one continuous labor support visit per birth event regardless of the length of labor, and regardless of whether the delivery is vaginal, C-section, or whether the labor results in a live birth.

TRICARE is a registered trademark of the Department of Defense (DOD), DHA. All rights reserved.



The provider shall not bill additional amounts for travel to the delivery location or travel with the patient to move from an initial location (the home or birthing center) to another location (a hospital), for long or difficult deliveries, or for false labor.

**Summary of Childbirth Support Services – CLDs*

Participation Agreement	Required
Reimbursement	Phase 2 reimbursement only
Balance Billing	Not permitted
Beneficiary Costs	\$0
Antepartum/Post-Partum Visit Allowance	24, 15-minute visit increments billed using CPT Code T1032.

For more information on CLD reimbursement see the [TRICARE Operation Manual Chapter 18.0](#).

Visit the [TRICARE Childbirth Support Doula Services web page](#) for more on locally adjusted reimbursement rates for CLDs. Download the file for the year in which services were delivered; rates are valid from March 1 until the end of February of the following year.

For more information about participation in a Medicaid doula program, please reference [Section 10 of the TRICARE Operations Manual](#).

For more information visit the [TRICARE Childbirth and Breastfeeding Support Demonstration web page](#), or the [TRICARE Breastfeeding Counseling web page](#).