



Childbirth and Breastfeeding Support Demonstration (CBSD)

Humana
Military



Table of contents

- 01 | Introduction to CBSD
- 02 | Who is eligible
- 03 | Definitions of provider types
- 04 | Covered services
- 05 | TRICARE certification
- 06 | Provider reimbursement
- 07 | Resources

Introduction to CBSD

- A demonstration is a special provision that allows TRICARE to try new methods of delivering healthcare and provide financial relief to a certain population
- The Defense Health Agency (DHA) will determine if health outcomes are improved by allowing doulas and lactation consultants or counselors, not otherwise authorized under TRICARE, to provide care. DHA will evaluate the demonstration results and may propose future benefit structure changes including permanent coverage of childbirth and/or breastfeeding support from doulas and lactation consultants or counselors, per *TOM CH. 18, SEC 11, 1.0*



Introduction to CBSD (cont.)

- TRICARE's CBSD allows Certified Labor Doulas (CLD), lactation consultants or lactation counselors to provide care to eligible beneficiaries
- In the TRICARE East Region, the CBSD runs from January 1, 2022 to December 31, 2026 and eligible claims may be filed beginning April 2, 2022



Who is eligible



Who is eligible

- CBSD is only for TRICARE Prime or Select enrollees
- Beneficiaries who are receiving maternity care at a military hospital or clinic — or whose deliveries are scheduled at a network facility based on the military facility's External Resource Sharing Agreement (ERSA) program — are not covered under the CBSD
- While referrals are not required, Prime enrollees need a referral from their Primary Care Manager (PCM) or physician to see a non-network provider; Point-of-Service (POS) charges may apply without a referral



Who is eligible (cont.)

To be covered for CLD services, beneficiaries must:

- Be enrolled in TRICARE Prime or TRICARE Select
- Be at least 20 weeks pregnant
- See a TRICARE-authorized provider for their birth event

To be covered for lactation/breastfeeding support services, beneficiaries must:

- Be enrolled in TRICARE Prime or TRICARE Select
- Be at least 27 weeks pregnant
- Qualify for TRICARE's breastfeeding support benefit



Definition of provider types



Definition of provider types

Labor doulas:

- Trained, non-medical professionals who provide support for the birthing parent before, during and a short time after labor

Lactation counselors:

- Non-medical professionals who provide breastfeeding counseling to support normal lactation and breastfeeding parents
- Can provide either individual or group breastfeeding support services under the demonstration



Definition of provider types (cont.)

Lactation consultants:

- Non-medical professionals who provide a full range of breastfeeding care, including support for breastfeeding complications
- Can provide either individual or group breastfeeding support services under the demonstration

Group breastfeeding counseling:

- Individual breastfeeding counseling by other TRICARE providers may already be covered under TRICARE's breastfeeding benefit
- Group breastfeeding counseling must be run by a:
 - Lactation consultant
 - Lactation counselor
 - TRICARE-authorized provider
- Group breastfeeding counseling also includes prenatal breastfeeding education

Covered services



Covered services

- Certified Labor Doula (CLD) services for pregnant beneficiaries with a gestational age over 20 weeks
 - The beneficiary must be under the care of a TRICARE-authorized provider (obstetrician, certified nurse midwife, etc.) for the maternity episode of care for CLD services to be covered under the demonstration
 - TRICARE will cover up to six visits by a CLD before or after giving birth, as well as one continuous labor support encounter during the birth event
- CLD services for beneficiaries who give birth at a military hospital or clinic are excluded from the demonstration
- Continuous labor support cannot be provided via telemedicine/telehealth; however, telemedicine visits before (antepartum) and shortly after birth (postpartum) visits are allowed

Covered services (cont.)

- TRICARE will cover up to six outpatient sessions for breastfeeding counseling/consultations by a professional who is trained to provide lactation counseling or consultation ([see definition of providers](#))
- The six-session limit is the total number of counseling/consulting sessions whether provided by a doctor, lactation counselor or consultant
- The six-session limit applies to the breastfeeding parent, per birthing event
- Lactation counselors and consultants can provide either individual or group breastfeeding support services under the demonstration (this counts towards a beneficiary's six sessions)



TRICARE certification



TRICARE certification

A lactation consultant must:

- Be at least 18 years old
- Hold a current certification as a lactation consultant by one of the following organizations:
 - International Board of Lactation Consultant Examiners
 - Academy of Lactation Policy and Practice, Inc.
- Be licensed by state or local jurisdiction, if offered
- Have current CPR certification
- Have a National Provider Identifier (NPI) number

A lactation counselor must:

- Be at least 18 years old
- Hold a current certification as a certified lactation counselor by Academy of Lactation Policy and Practice, Inc.
- Be licensed by state or local jurisdiction, if offered
- Have a current CPR certification
- Have an NPI number

TRICARE certification (cont.)

A Certified Labor Doula (CLD) must:

- Be at least 18 years old
- Have attended a minimum of 24 education hours to include:
 - The physiology of labor
 - Labor doula training
 - Antepartum doula training
 - Postpartum doula training
- Have attended one or more breastfeeding courses
- Have attended one or more childbirth classes
- Be licensed by state or local jurisdiction, if offered
- Hold a current CPR certification
- Have an NPI number



TRICARE certification (cont.)

- 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 (two of three must have been vaginal birth)
 - Provided antepartum and postpartum support for at least one birth
- Earned a 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 (DONA) International
 - International Childbirth Education Association
 - ToLabor
 - National Black Doulas Association
 - Participation Agreement effective January 1, 2025

Note: Participation in a qualified, statewide Medicaid program may be recognized in lieu of national board certification

TRICARE certification (cont.)

To get authorized:

- Online certification process [Find certification applications online](#)
- Choose the appropriate practitioner certification application for your practitioner's specialty (ie: certified labor doula (CLD), lactation consultant, or lactation counselor)
- You will receive confirmation when your certification has been approved



Helpful tips to avoid rejection of your certification

Doulas should include the following:

- Current (not expired) BLS/CPR
- Current certificates (i.e. CLD, certified doula or similar perinatal certification)

Lactation consultants and lactation counselors should include:

- A copy of the state license
- Current (not expired) BLS/CPR
- Correct provider type
- Board certification document



Provider reimbursement



Provider reimbursement

Cost-shares, copayments and deductibles don't apply to covered breastfeeding/lactation counseling services. Point-of-service (POS) fees may apply for TRICARE Prime beneficiaries who see non-network providers without a referral.

Breastfeeding support services:

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

- Taxonomy designations:
 - **163WL0100X** Lactation consultant (if an RN)
 - **174N00000X** Lactation consultant (if not an RN)
 - **174400000X** Lactation counselor (if the National Uniform Claims Committee creates a taxonomy designation specific to lactation counselors, that taxonomy designation shall be used)
- Other appropriate HIPAA taxonomy based on license/certification

Provider reimbursement (cont.)

Childbirth support services:

- Gestational age must be over 20 weeks to qualify for the demonstration and this must be noted on the claim to ensure proper reimbursement/claims processing
- CLD services not personally performed will not be reimbursed
- Antepartum and postpartum support visits are untimed and reimbursed using CPT code 99509. Up to six combined antepartum and postpartum visits are allowed
- Continuous labor support visits are untimed and reimbursed using CPT code 59899. Only one continuous labor support visit per birth event will be reimbursed

- Taxonomy designation: CLD: **374J00000X**
- Current rates can be found at [Health.mil/rates](https://www.health.mil/rates)
- Rendering provider's name and address
- Telemedicine/Telehealth services are allowed for all except 59899 code and must include the correct place of service and the correct modifier.

Note: Virtual doula sessions are no longer covered.

Resources



Resources

See full details on this demonstration in the [TRICARE Operations Manual](#) or [TRICARE.mil](#)

Check out our web page dedicated to [CBSD resources](#) and [FAQs](#)



Thank you



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