

April Virtual Prenatal Classes

4 APRIL

0900: C-Sections
1200: Stages of Labor

8 APRIL

0900: Medical Interventions
1300: Baby Basics
1600: Maternal Child Stay

11 APRIL

0900: Postpartum

14 APRIL

0900: Stages of Labor
1300: Natural Comfort Measures
1500: Medical Interventions

25 APRIL

0900: C-Sections
1300: Postpartum

29 APRIL

0900: Stages of Labor
1300: Baby Basics
1600: Maternal Child Stay



NMCP will be offering VIRTUAL prenatal classes on Microsoft TEAMS as an alternate option to in-person classes. To register, the maternal patient should email the Mother's full name, including middle (as it appears on your military ID), one email address and due date to norma.d.knight-pongratz.civ@health.mil. You should be a Tricare beneficiary eligible for care at NMCP and at least 20 weeks pregnant to register. After verifying eligibility, you will be emailed the weekly links to prenatal classes. You will be validated at each meeting via your name/email and a virtual encounter will be created in your medical record for attendance. Microsoft Teams app can be downloaded to your computer, tablet or phone. You will need a strong internet signal for appropriate streaming of classes and videos. Please allow 1-2 business days for your registration and return email. You may attend any live class session after you have registered. You must contact the clinic or NMCRS to register for in person classes. Additional information and schedules are located at <https://www.med.navy.mil/sites/nmcp/Dept/SitePages/OBGYN/PrenatalClassInfo.aspx>