

November Virtual Prenatal Schedule

Thursday 7th

0900: Baby Basics

1300: Stages of Labor

1530: Maternal Child Stay

Tuesday 12th

1000: Postpartum

1300: Natural Comfort Measures

1500: Baby Basics

Thursday 21st

1000: C-Section Education

1300: Stages of Labor

1600: Medical Interventions

Monday 25th

1000: Stages of Labor

1300: Natural Comfort Measures

1500: Medical Interventions

Tuesday 26th

1000: Postpartum

1300: Maternal Child Stay

1500: Baby Basics

Register



SCAN ME

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-pongatz.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 TEAMS 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.asp>