

NMCP October Virtual Prenatal Classes



SCAN ME

2 OCT
Wednesday

1000: Stages of Labor
1300: Medical Interventions
1500: Postpartum

8 OCT
Tuesday

1000: Baby Basics
1300: Natural Comfort Measures
1500: Medical Interventions

17 OCT
Thursday

1000: Stages of Labor
1300: Medical Interventions
1500: Postpartum
1700: Maternal Child Stay

22 OCT
Tuesday

1000: Maternal Child Stay
1300: Baby Basics
1600: Stages of Labor

28 OCT
Monday

1000: Postpartum
1300: Medical Interventions
1500: Stages of Labor

30 OCT
Wednesday

1000: Natural Comfort Measures
1300: C-Sections
1500: 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 (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 Prime 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>