

# HR WICS

## Hampton Roads Walk in Contraception Services



**No referrals needed - First come, first served**

Sites are not service specific.  
Patients and families can go to any site regardless of branch of service.

### ***Locations and hours***

Branch Health Clinic Norfolk OBGYN: Tuesday and Wednesday 7 a.m. - 2:30 p.m.  
\* NMCP OBGYN Clinic: Thursday - 8 a.m. - 12 p.m.\*  
Langley GYN: Tues, Wed, Thurs - 8 a.m. - 9:30 a.m.  
McDonald Army Health Center GYN: Tuesday - Friday 1 p.m. - 12 p.m.\*

### ***Services offered***

Full scope contraception services  
Sexually transmitted infection testing  
Emergency contraception  
Plan B available at the pharmacy with no provider visit necessary  
\*These sites offer Active Duty Pap Smears during WICS

***Scan for All the Details***



<https://portsmouth.tricare.mil/Health-Services/Contraceptive-Care>

# Hampton Roads OBGYN Services Overview

## McDonald Army Health Center

Bldg 575 Jefferson Ave, Ft Eustis VA

757-314-7606

M-F 7:30 a.m. - 4:30 p.m.

Closed 12 p.m - 1 p.m. (Lunch) Closed 12 p.m. every 3<sup>rd</sup> Thursday (Training)

<https://mcdonald.tricare.mil/Health-Services/Womens-Health-Pregnancy>

Routine and complicated gynecology to include outpatient surgical services

Full scope contraception (Walk in services available)

Testing and treatment for sexually transmitted and other gynecologic infections

Well woman exams

Breast exams

Management of abnormal pap smears/colposcopy/excisional procedures

Inferility evaluation and treatment

Postpartum care

## BHC Dam Neck Annex

1885 Terrier Ave, Suite 100, Virginia Beach VA

757-953-9886

M-F 7 a.m. - 3:30 p.m.

Closed 7 a.m. - 1 p.m. the 3<sup>rd</sup> Thursday of the month for training.

<https://portsmouth.tricare.mil/Clinics/Dam-Neck-Annex>

Routine obstetrics and postpartum care

Routine gynecology

Full scope contraception

Well woman exams

## NMC-Portsmouth

620 John Paul Jones Circle, Portsmouth VA

Building 2, 4<sup>th</sup> floor, 4C/4D

757-953-4300

M-F 7:20 a.m. - 3:30 p.m.

Limited available Thursday 7:20 a.m. - 12 p.m. (Training)

<https://portsmouth.tricare.mil/Health-Services/Womens-Health/Obstetrics>

Routine and complicated obstetrics and postpartum care

Level 2 obstetric ultrasound

Fetal assessment unit

Routine and complicated gynecology with full scope surgical services, including DaVinci Robotic surgery

Surgical CO2 laser capabilities

Full scope contraception (Walk in services available)

Testing and treatment for sexually transmitted and other gynecologic infections

Well woman exams

Management of abnormal pap smears/colposcopy/excisional procedures

Gynecologic Oncology and chemotherapy services

Reproductive Endocrinology and Inferility with referral for IVF/ART

Limited Female Pelvic Medicine and Reconstructive Surgery/Urogynecology

Mammography services and Breast Clinic

Covered abortions are offered per DoD policy up to 24wga

## Joint Base Langley

77 Nealy Ave, Hampton VA East Wing, 1<sup>st</sup> Floor

757-225-7630 - option 6

T-TH 9 a.m. - 9:30 a.m.

By appointment only until 1p.m. on family and training days

<https://langleyeustis.tricare.mil/Health-Services/Womens-Health-Pregnancy>

Routine gynecology, excluding surgical management

Full scope contraception (Walk in services available)

Testing and treatment for sexually transmitted and other gynecologic infections

Well woman exams

Breast exams

Management of abnormal pap smears/colposcopy/excisional procedures

Inferility evaluation and treatment Urinary

incontinence and pelvic organ prolapse

Postpartum care

## BHC Naval Station Norfolk (Sewells Point Clinic)

1721 Admiral Taussig Blvd, Norfolk VA

757-953-9037

M-F 7 a.m. - 3:30 p.m.

Closed 7 a.m. - 1 p.m. the 3<sup>rd</sup> Thursday of the month for training.

<https://portsmouth.tricare.mil/Clinics/NAVSTA-Norfolk-BHC/Womens-Health>

Routine obstetrics and postpartum care

Routine gynecology

Full scope contraception (Walk in services available)

Testing and treatment for sexually transmitted and other gynecologic infections

Well woman exams

