

# Pass the TOTAL Care Act and Streamline Access to OB-GYN Care for Servicemembers and Military Families

## THE ISSUE:

Servicemembers, retirees, their families, and survivors deserve readily accessible medical care, but they face barriers to access from a TRICARE Prime referral requirement for care from an obstetrician-gynecologist (OB-GYN). This policy is out of step with commercial health plans that are required to provide referral-free access to OB-GYN care and delays access to essential women's health services, including preventive and prenatal care.

## THE ACTION:

We urge you to cosponsor the TRICARE OBGYN Treatment and Access without Lags in Care Act (H.R. 1699, also known as the TOTAL Care Act), which directs a five-year pilot to eliminate the TRICARE Prime referral requirement for OB-GYN care. This bill would ease servicemember and beneficiary access to essential OB-GYN services and align TRICARE Prime policy with federal requirements for commercial plans.

## KEY FACTS:

- **Access Basics:** Servicemembers must enroll in TRICARE Prime and are required to get a referral from their primary care manager (PCM) for OB-GYN care. Family members and retirees on TRICARE Prime can self-refer to OB-GYN providers for preventive visits, such as



well-woman exams, but are required to get a referral for all other OB-GYN care, including pregnancy care.

- **Referral Red Tape:** TRICARE Prime referral requirements lead to delays and unnecessary administrative burdens for servicemembers and military families who already face frequent gaps in health care caused by relocations and deployments. Servicemembers and beneficiaries report long waits for PCM appointments and PCM reluctance to refer to OB-GYNs.

- **Bipartisan Fix:** The TOTAL Care Act has been endorsed by the Problem Solvers Caucus, who said the legislation would "ensure timely access to essential reproductive and maternal health services."

## CONGRESS:

Please cosponsor the TOTAL Care Act (H.R. 1699) that would streamline access to OB-GYN care. The text of This legislation is included in the House Armed Services Committee's chairman's mark of the FY 2026 NDAA (Section 703).

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## READINESS AND RETENTION

Aside from the overarching need to keep the military health benefit strong, this legislation provides practical support to the warfighter: Those on active duty lose significant duty time securing and attending a PCM appointment to get an OB-GYN referral. By removing that requirement, these members can remain mission-focused while still accessing the care they need.



PHOTOS: SENIOR AIRMAN VICTORIA NUZZI/USAF;  
BRIAN BOISVERT/USAF