



TRICARE[®]

Your Military Health Plan

Permanent Change of Station



Updated August 2014

Today's Agenda

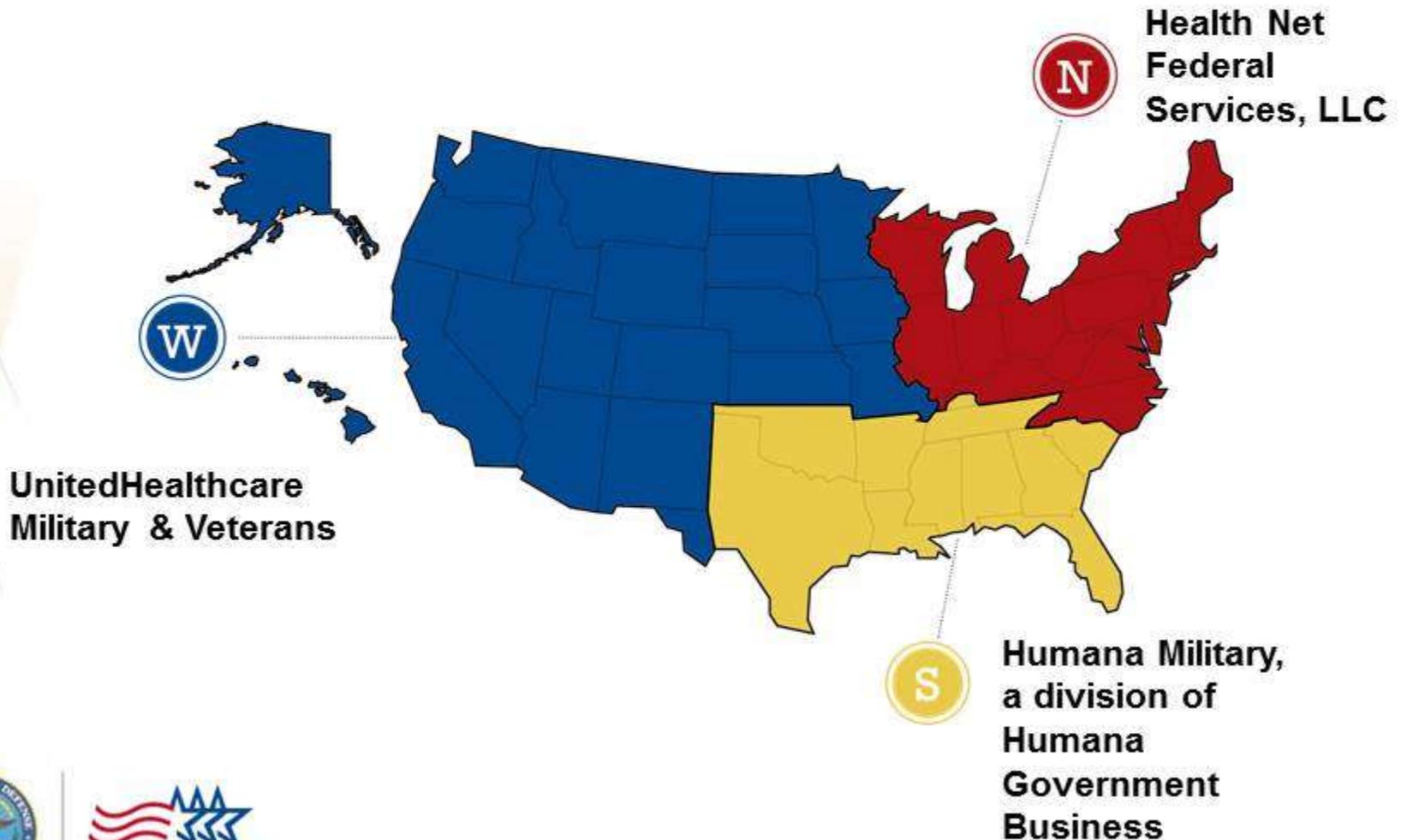
- What Is TRICARE?
- Planning for Your Move
- Getting Care While Traveling
- TRICARE Benefit at Your New Location
- Other Important Information
- Your Checklist
- For Information and Assistance



What Is TRICARE?

TRICARE Stateside Regions

TRICARE is available worldwide and managed regionally.



What Is TRICARE?

TRICARE Overseas Program

The TRICARE Overseas Program is managed through three geographic areas.



Latin America and Canada

Canada, the Caribbean Basin, Central and South America, Puerto Rico, and the U.S. Virgin Islands

Eurasia-Africa

Africa, Europe and the Middle East

Pacific

Asia, Guam, India, Japan, Korea, New Zealand, and Western Pacific remote countries



What is TRICARE?

The Affordable Care Act

- Under federal law, by January 1, 2014, you are required to have health insurance or other health care coverage that meets the definition of minimum essential coverage.
- Minimum essential coverage is the type of health care coverage that meets the individual responsibility requirement under the Affordable Care Act. Most people who do not meet this provision of the law will be required to pay a fee for each month they do not have adequate coverage. This fee will be collected with your 2014 tax returns.
- If you are eligible for TRICARE, you can explore your TRICARE program options at **www.tricare.mil**.
- If you are losing TRICARE or are not TRICARE-eligible, you can find other health care coverage options at **www.healthcare.gov**.
- For more information, visit **www.tricare.mil/aca** or call your TRICARE regional contractor.



Planning for Your Move

Staying Covered When Moving

- ADSMs must be enrolled in a TRICARE Prime option.
- Do **not** disenroll from TRICARE Prime or TRICARE Prime Remote. Your current coverage will continue until your enrollment transfer is completed after you arrive at your new location.
- Verify your current information in the Defense Enrollment Eligibility Reporting System (DEERS).
- Inform your current regional contractor about your upcoming move.
- Learn about TRICARE options in your new location.



Ongoing Medical Care

Before moving, sponsors and dependents should:

- Request copies of medical and dental records
- Fill/refill prescriptions
- Plan ahead for routine medical care
- Keep a list of providers' phone numbers
- Coordinate services for family members with special needs



Getting Care While Traveling

How to Get Care During Your Move

Type of Care	TRICARE Prime	TRICARE Standard and TRICARE Extra
Emergency (<i>immediate</i>)	Call 911 or go to the nearest emergency room	
Urgent (<i>within 24 hours</i>)	Contact your primary care manager (PCM)	See any TRICARE-authorized provider
Prescriptions	<ul style="list-style-type: none">• Military treatment facility pharmacy: www.tricare.mil/mtf• TRICARE retail network pharmacy: www.express-scripts.com/TRICARE or 1-877-363-1303	



TRICARE Benefit at Your New Location

Keep DEERS Up to Date

- Make sure your military orders reflect your correct information and unit of assignment.
- Remember to update DEERS whenever there is a change in the family (*e.g. marriage birth, adoption, divorce, death*) or when you move. New family members must be registered in DEERS.
- Update your contact information in DEERS within 30 days:
 - Online: <http://milconnect.dmdc.mil>
 - Phone: 1-800-538-9552
 - Fax: 1-831-655-8317
 - By visiting a uniformed services ID card-issuing facility:
www.dmdc.osd.mil/rsi
 - More information: www.tricare.mil/deers



TRICARE Benefit at Your New Location

TRICARE Prime Enrollment

- Updating DEERS does **not** transfer your TRICARE Prime enrollment.
- You may call your current regional contractor to transfer TRICARE Prime enrollment

OR

- Complete the *TRICARE Prime Enrollment, Disenrollment, and Primary Care Manager (PCM) Change Form (DD Form 2876)*.
- Ways to access the form:
 - Beneficiary Web Enrollment (BWE) Web site:
www.tricare.mil/bwe
 - Online: www.tricare.mil/forms



TRICARE Benefit at Your New Location

TRICARE Prime and TRICARE Prime Remote

- TRICARE Prime:
 - Available near a military treatment facility (MTF) and other areas with established TRICARE networks, or in areas where the US Family Health Plan (USFHP) is offered
- TRICARE Prime Remote (TPR) and TRICARE Prime Remote for Active Duty Family Members (TPRADFM):
 - Available to ADSMs who live and work in remote locations (*more than 50 miles from an MTF*) and eligible family members residing with them
 - Find out if you live in a remote area at www.tricare.mil/TPRZipCode.



TRICARE Benefit at Your New Location

US Family Health Plan (USFHP)

- USFHP is a TRICARE Prime option available in six service areas across the United States.
- USFHP enrollees may not use military treatment facilities (MTFs) (*except in emergencies*).
- Web site: www.usfhp.com



TRICARE Benefit at Your New Location

TRICARE Overseas Program Options

- ADSMs and **command-sponsored** family members:
 - TRICARE Overseas Program (TOP) Prime
 - TOP Prime Remote
 - TOP Standard (*for family members only*)
- Family members who are **not** command sponsored:
 - TOP Standard
- International SOS Government Services, Inc. administers the overseas program benefit.
- Web site: www.tricare-overseas.com



TRICARE Benefit at Your New Location

Active Duty Dental Benefits

- No enrollment is necessary.
- Where possible, care is provided by military dentists.
- Active Duty Dental Program (ADDP):
 - Benefit administered by United Concordia® Companies, Inc.
 - Available with military dentist referrals or to those living and working in remote locations
 - Need an Appointment Control Number (ACN) to get care
 - Web site: www.addp-ucci.com



TRICARE Benefit at Your New Location

TRICARE Dental Program (TDP)

When moving:

- Do **not** disenroll family members from TDP.
- Update your account with MetLife®.
- Find a participating dentist at www.metlife.com/tricare or by calling 1-855-638-8371.



Benefit Information

TRICARE Pharmacy Program

Pharmacy Option	Formulary Drugs		Non-Formulary Drugs
	Generic	Brand Name	
MTF Pharmacy <i>(up to a 90-day supply)</i>	\$0	\$0	Not Applicable
TRICARE Pharmacy Home Delivery <i>(up to a 90-day supply)</i>	\$0	\$13	\$43
Retail Network Pharmacy <i>(up to a 90-day supply with three copays)</i>	\$5	\$17	\$44

Express Scripts, Inc. Web site: www.express-scripts.com/TRICARE
Phone number: 1-877-363-1303



Benefit Information

TRICARE Pharmacy Program

Pharmacy Option	Formulary Drugs		Non-Formulary Drugs
	Generic	Brand Name	
Non-Network Pharmacy <i>(up to a 30-day supply)</i>	<p>TRICARE Prime options: 50% copayment applies after point-of-service (POS) deductible is met</p> <p>All other beneficiaries: \$17 or 20% of the total cost, whichever is greater, after the annual deductible is met</p>	<p>TRICARE Prime options: 50% copayment applies after POS deductible is met</p> <p>All other beneficiaries: \$44 or 20% of the total cost, whichever is greater, after the annual deductible is met</p>	



Other Important Information

TRICARE Self-Service Options Online

Easily manage benefits at home or on the go via secure Web sites. On **www.tricare.mil**, the “I want to ...” section allows you to:

- Enroll in or purchase a plan
- File or check a claim
- View referrals and prior authorizations
- Find a doctor

... and **much more!**



Other Important Information

Social Security Number

- In an effort to protect the privacy of TRICARE beneficiaries, the Department of Defense is removing Social Security Numbers from military ID cards, including the Common Access Card.
- Your new ID card will have one or both of the following:
 - A 10-digit DoD ID number
 - A DoD Benefits Number (DBN), if you are eligible for DoD benefits
- You will not need a new ID card until your old card expires.
- For more information, visit www.tricare.mil/ssn.



Your Checklist

Moving with TRICARE

Before You Move:

- Do **not** disenroll from TRICARE Prime.
- Contact your current regional contractor to begin transferring enrollment.
- Verify DEERS information.
- Fill prescriptions.
- Get copies of medical and dental records.
- Make sure you have your current PCM's phone number.
- Coordinate special care needs.



Your Checklist

Moving with TRICARE

On the Road:

- For urgent and routine care, call your PCM to coordinate care.
- For emergency care, no referral is required; call 911 or go to the nearest emergency room.

At Your New Location:

- Update DEERS.
- Finish transferring TRICARE Prime enrollment, if applicable.
- If you are enrolled in the TRICARE Dental Program, provide your new contact information to MetLife.



For Information and Assistance

Stateside Regional Contractors

TRICARE North Region

Health Net Federal Services, LLC
1-877-TRICARE (1-877-874-2273)
www.hnfs.com

TRICARE South Region

Humana Military, a division of
Humana Government Business
1-800-444-5445
Humana-Military.com

TRICARE West Region

UnitedHealthcare Military & Veterans
1-877-988-WEST (1-877-988-9378)
www.uhcmilitarywest.com

General Contact Information

TRICARE Web Site: www.tricare.mil

Contacts: www.tricare.mil/contactus

Defense Health Agency—Great Lakes:
www.tricare.mil/greatlakes

Overseas Regional Contractor

International SOS Government Services, Inc.
www.tricare-overseas.com

Eurasia-Africa:

+44-20-8762-8384 (*overseas*)
1-877-678-1207 (*stateside*)

Latin America & Canada:

+1-215-942-8393 (*overseas*)
1-877-451-8659 (*stateside*)

Pacific:

Singapore: +65-6339-2676 (*overseas*)
1-877-678-1208 (*stateside*)
Sydney: +61-2-9273-2710 (*overseas*)
1-877-678-1209 (*stateside*)

Connect with TRICARE Online!



www.tricare.mil/media

