



In Case You Missed it

TRICARE® West Region e-Updates

August 2021

- 1. Slow the spread by getting vaccinated.** As the COVID-19 Delta variant moves through the country, do your part to protect you and your loved ones by getting vaccinated if you've not already done so. According to the Centers for Disease Control and Prevention (CDC), getting vaccinated is an important step in stopping the COVID-19 pandemic. [Learn more](#) about the importance, risks and where you can get your vaccine.
- 2. Psychiatry visits now available through Doctor on Demand.** As of Aug. 1, our telehealth partner, [Doctor on Demand](#), now provides TRICARE West Region beneficiaries access to network psychiatrists. In addition to therapy, psychiatrists can diagnose mental health illnesses and prescribe medication. As a reminder, we continue to partner with [Telemynd](#) for telemental health care. And, you can also search for telemedicine providers in our online [Network Provider Directory](#). Select "Telemedicine" to get started.
- 3. Learn about TRICARE's Autism Care Demonstration (ACD).** If you have a child on the autism spectrum, TRICARE has begun revamping access to care and support services. One change includes parent and family involvement by providing much needed resources and support. Look for continued telehealth options for parent/caregiver guidance and coming this fall, Autism Services Navigators for new ACD participants and a toolkit for parents with information about the ACD. [Learn more about the ACD](#) and how to get care.
- 4. Keep kids' wellness check-ups on track as they head back to school.** As the summer begins to wind down and kids go back to school, it's important to make sure their [preventive health exams and immunizations](#) are up to date. Regular check-ups allow you to monitor your child's growth, hearing, eyesight, and more. As a reminder, TRICARE covers many preventive services with no out-of-pocket costs.
- 5. Have you moved this summer?** Summer is a transitional time for many military families with permanent change of station (PCS) orders. If you've [moved this summer](#), or have plans to, be sure you update your information so your TRICARE coverage remains unaffected. Moving is a qualifying life event, which allows you 90 days to make changes to your TRICARE plan.
- 6. Be prepared when disaster strikes.** With fire season already in full swing in multiple West Region states, it's important to know how your TRICARE benefit is affected. When disaster strikes, TRICARE may put in effect special waivers so you can still get the health care you may need. [View tips](#) and resources to help you in the event of an emergency. And, don't forget to sign up for [disaster alerts](#) from TRICARE so you can stay in the know.
- 7. Use self-service tools to save time.** We offer a suite of online self-service tools that allow you to conduct TRICARE transactions at any time. [Go online](#) to: access the provider directory, view authorization and referral letters, check claim status, set up enrollment payments, and more (some tools require you to log in). You can also use our automated phone system at 1-844-866-WEST to check eligibility, get authorization status and more.
- 8. Attend a webinar to learn more about your TRICARE benefit.** Health Net Federal Services, LLC (HNFS) offers beneficiary briefings via webinar. This is a great alternative to in-person briefings that may have been affected by COVID-19. Our experienced TRICARE staff offer online presentations on various TRICARE-related topics. View the current schedule at www.tricare-west.com/go/webinars. Additionally, we have pre-recorded briefings you can watch any time.
- 9. Need help making a healthy change?** Making a change requires information, motivation and skills. Our Making Healthy Changes for Life webinar will teach you the skills to help make and maintain healthy changes. [Register](#) for the Sept. 2 class today.
- 10. Do you have or think you may have asthma?** If you have symptoms that could be a sign of asthma, your doctor may use a spirometry test to determine your lung function. Visit Choosing Wisely® to learn more about [asthma and spirometry tests](#). Take our online program, [The Basics of Asthma Management](#), to help you learn how to effectively manage asthma symptoms.



An exploration of the many benefits available to you through your TRICARE health plan.

August's topic:
A Reflection of the Past Year