



In Case You Missed it

TRICARE® West Region e-Updates

March 2021

- 1. More COVID-19 vaccine options.** If you and your family are looking to get a **COVID-19 vaccine**, there are more options coming soon. The federal government has launched the Federal Retail Pharmacy Program for COVID-19 Vaccination, a program that works to increase access to the COVID-19 vaccine. The Department of Defense (DoD) has already administered over one million COVID-19 vaccines and continues to distribute vaccines to Military System beneficiaries around the world following its phased approach. Visit [TRICARE's COVID-19 vaccine page](#) for more information.
- 2. COVID-19 resources available to you and your family.** As we move into another year with COVID-19, we understand the importance of being able to access important COVID-19 information. Whether you are looking for general COVID-19 help, resources regarding your TRICARE benefit, or state-specific information, there are several resources to get you what you need. Visit [TRICARE's COVID-19 Guidance page](#) and our [COVID-19 resources page](#) for detailed information.
- 3. Intensive Outpatient Program (IOP) Pilot.** The Defense Health Agency (DHA) has authorized a new pilot focused on active duty service members (ADSMs) suffering from **mental health conditions associated with sexual trauma**. A select team of IOP providers have been approved by DHA. Participation in this pilot is voluntary. If you are near one of the selected IOPs and would like to participate, contact your primary or mental health care provider.
- 4. Change your primary doctor in two simple steps.** Do you need a new primary doctor? First, use our online [network provider directory](#) to help you find a doctor who meets your health needs. Our provider directory offers details about military hospitals and clinics, network doctors, hospitals, and other health care professionals in the West Region. Start your online search anywhere, anytime. Once you find a provider you like, you can request a primary care manager change easily online by logging in and using our secure tools.
- 5. Preventive care reminders.** **Regular check-ups can keep you and your family healthy** and prevent future health issues. And, with telemedicine options available, it is easier than ever to meet with your doctor from the comfort and safety of your home. Those enrolled in TRICARE Prime plans can receive preventive care from their primary care manager or any network provider. Those enrolled in other plans, including TRICARE select, can visit any TRICARE-authorized provider, in or out of network. Schedule your routine check-up today!
- 6. Telehealth options.** **Use our network directory** to find providers who offer virtual appointments in your area. You also have access to telehealth services through Telemynd and Doctor On Demand. During the COVID-19 stateside pandemic, there are no copayments or cost shares for covered telemedicine care. Referral requirements for telehealth are the same as those for in-person visits.
- 7. Attention low back pain sufferers.** If you suffer from low back pain, you are not alone. As of Jan. 1, 2021, TRICARE is waiving cost-shares for qualified beneficiaries for up to **three physical therapy sessions** in three West Region states: Arizona, California and Colorado. This demonstration is set to end on Dec. 31, 2023. To qualify, you need a new primary diagnosis of low back pain and, live in and get care in one of the three states. A referral from a TRICARE-authorized provider is required.
- 8. Reinstating TRICARE Select Coverage.** As of Jan. 1, 2021, **TRICARE Select Group A retirees** are required to pay enrollment fees. You are considered Group A if you or your sponsor enlisted or was appointed prior to Jan. 1, 2018. If you were disenrolled for non-payment and want to be reinstated, please complete our [TRICARE Select Reinstatement Form](#). You'll need to pay current fees due and set up future automatic payments.
- 9. Health and wellness programs and resources.** **Choose the programs/resources that work best for you.** Start with a Health Risk Assessment to help identify health risks and get a personalized plan to move forward. Learn about treatments, tests and procedures with Choosing Wisely®, visit our Tobacco Cessation Resources page if you or a loved one is ready to quit, visit our Learning Center for a variety of self-paced programs or recorded health classes, or find information on several topics on our Health Topics page.
- 10. March is National Nutrition Month.** Find videos, presentations, interactive tools, and resources on nutrition, healthy eating, meal planning, weight management skills and strategies, and more with our [Healthy Weighs for Life](#) online program. Don't delay – begin eating and living healthier today. If this is your first attempt at losing weight, you might want to try our [Basics for Reaching a Healthy Weight](#) program to get started.



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

March's topic:
The Great Vaccine Hunt