



In Case You Missed it

TRICARE® West Region e-Updates

May 2021

- Schedule your COVID-19 vaccine now!** As of mid-April, [eligibility for the COVID-19 vaccine has expanded](#). This means all eligible TRICARE beneficiaries can get the vaccine. In most cases, you still need to book an appointment ahead of time. Check out [appointment availability](#) at Department of Defense vaccination sites in your state today! You can also get the vaccine at local and state health department vaccination sites, through your civilian provider and at participating pharmacies.
- Get your health care back on track.** As pandemic restrictions have started to ease in many areas of the country, it's important to make sure your routine and preventive health care is back on track. Not ready for an in-person visit yet? Use our [network directory](#) to find providers who offer telehealth in your area. You can also access telehealth services through [Telemynd](#) and [Doctor On Demand](#). Remember, 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.
- Stay in the know by subscribing to TRICARE's new podcast.** Attention all podcast lovers! TRICARE is now offering another way for you to learn the basics of the TRICARE benefit. The first episode was released in early April with new episodes releasing every Wednesday; be sure to check it out. And, [don't forget to subscribe](#) so you never miss out on new updates.
- Use the Authorization Status Tool to view/print determination letters.** HNFS makes it easy for you to check the status of referrals and authorizations. With just a few steps, you can see status and other details within seconds. You can even print your authorization letter for your records. We offer a [quick reference guide](#) for step-by-step instructions.
- Did you recently have a baby?** Bringing a [new baby into your family](#) is an exciting and stressful time. Check one thing off your list by making sure you get your newborn added to your TRICARE plan. When your baby is born, this opens a 90-day qualifying life event. Start by adding your newborn in the Defense Enrollment Eligibility Reporting System. Next, enroll him or her in a TRICARE health plan. In some cases, this enrollment is automatic. Be sure to confirm enrollment at milConnect or through the online eligibility tool at [tricare-west.com](#).
- New ScriptCenter kiosks offer easy access to most prescriptions.** [ScriptCenter kiosks](#), available at some military hospitals and clinics, are contactless, automated locker or vending machine units that use the latest technology to provide convenient and secure access to most prescriptions. This new option allows you to get your prescription even if the pharmacy may be closed. One-time enrollment at a kiosk is required before accessing prescriptions.
- It's important to keep DEERS up to date.** Take a moment to review your and your family's [information in DEERS](#). Incorrect information can cause issues with TRICARE claims and other health care benefits. Also, don't forget to update DEERS following a qualifying life event, as this may change your TRICARE health plan options.
- Access TRICARE publication materials online.** Be in the know when it comes to your TRICARE benefits. Did you know TRICARE publishes handbooks, brochures, fact sheets and other benefit resources? View or download these materials at any time. TRICARE is always looking for ways to improve their education materials. Take the [TRICARE publications survey](#) today.
- Think you may have asthma?** If you have symptoms that could be a sign of asthma, a spirometry test is used to diagnose asthma. Visit [Choosing Wisely®](#) to learn more about asthma and [spirometry testing](#). Take our online program, [The Basics of Asthma Management](#). It will help you learn how to effectively manage your asthma symptoms, and give you tools and skills to help you live a quality life.
- Take care of your mental health.** This past year has been full of unexpected challenges. Too difficult or too many challenges at once can lead to anxiety or stress. Learn healthy ways to cope. Visit our [Learning Center](#) for recorded classes that can help. Our [Coping with Stress in Times of Uncertainty](#) and [What You Need to Know About Anxiety](#) classes will provide information and tools to help you move forward, stronger than ever. If you think you may be depressed, our [Basics of Depression Management](#) class will help you identify symptoms and provide healthy ways to care for yourself.



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

May's topic:
Now's the time for your COVID-19 vaccine