

In Case You Missed it

TRICARE® West Region e-Updates

October 2021

1. **TRICARE's Open Season is just around the corner.** Now is the time to review your and your family member's current health plans, consider your needs for 2022, and learn about your coverage choices. Open Season is the only time you can enroll in or change your health plan for next year. Remember, outside of Open Season, you can only make changes to TRICARE Prime or Select plans following a qualifying life event. Mark your calendars; **this year's Open Season runs from Nov. 8 through Dec. 13, 2021.**
2. **Do you need a third COVID-19 dose?** Being fully vaccinated means you completed the two-dose series for Pfizer or Moderna vaccines or got one dose of the Johnson & Johnson/Janssen vaccine. However, the CDC is now recommending third doses of the Pfizer or Moderna vaccine and a **booster shot of the Pfizer vaccine** for certain groups of people who may be at higher risk. **Learn more** at www.tricare.mil/COVIDvaccines and www.cdc.gov/covidvaccines.
3. **Don't forget the flu vaccine!** As the COVID-19 vaccination rate increases, keep in mind the COVID-19 vaccine does not protect against the flu. Last winter, flu activity was low because of public health and social distancing guidelines aimed to stop the spread of COVID-19. This year, as more people come together, it's important to be vaccinated against COVID-19 and the flu. You can get both vaccines at the same time. TRICARE covers the **flu vaccine as a preventive service benefit**.
4. **You have virtual health care options.** Having the right resources available is key to staying healthy. Through telemedicine, you can see health care professionals from the comfort of home. To get started, use the telemedicine filter in our network directory or connect with one of our telehealth partners, **Doctor on Demand or Telemynnd**. Don't forget! Through the **MHS Nurse Advice Line**, nurses are available via phone, web chat or video chat. As always, if you or a loved one needs immediate assistance, call 911 or go to the nearest emergency room.
5. **Check out what's new with the Autism Care Demonstration (ACD).** TRICARE introduced changes to the ACD in phases earlier this year, with most updates now in place. Health Net Federal Services, LLC (HNFS) is proud to offer care coordination and clinical and non-clinical services for beneficiaries diagnosed with Autism Spectrum Disorder and their families. Find expanded web content, the new parent toolkit and HNFS' community resources directory at www.tricare-west.com/go/ACD.
6. **Pharmacy copayments are increasing in 2022.** If you get your prescription drugs through TRICARE home delivery or at a TRICARE retail network pharmacy, your **copayments will be increasing** starting on Jan. 1, 2022. Active duty service members (ADSMs) will continue to pay nothing for covered drugs at military pharmacies, retail network pharmacies or through home delivery. Additionally, survivors of ADSMs, and medically retired service members and their families, will not see an increase.
7. **Find the 2022 rates for premium-based plans online.** On Jan. 1, 2022, premiums for **TRICARE Young Adult, TRICARE Retired Reserve** and **TRICARE Reserve Select** coverage will change. Rates for these plans are subject to change each calendar year. While initial enrollment payments can be paid by check or credit card, ongoing monthly payments must be paid by automatic payments through your bank or credit card.
8. **You can check status of your referral or authorization online.** If you are enrolled in a TRICARE Prime plan, you will get a referral from your primary doctor for most specialty care. For all TRICARE plans, certain services require prior authorizations. HNFS makes it easy to check status! With just a few steps, you can see whether the request has been approved. You can even print approval letters for your records. Use our **quick reference guide** for step-by-step instructions.
9. **October is breast cancer awareness month.** This month is all about **spreading awareness** and encouraging women to get screened, if appropriate. Routine screening mammograms can detect cancer at an early stage. And, with more treatment options available today, major surgery is less likely with a breast cancer diagnosis. TRICARE covers one screening mammogram annually beginning at age 40, or age 30 if high risk. Talk with your doctor and visit **Choosing Wisely®** to learn about your options.
10. **Take the first step toward quitting tobacco.** Listen to our recorded class, **Preparing to Quit Tobacco** for information on quitting. Or, work at your own pace to create a quit plan with our **Time to Quit** online tobacco cessation program. If making a healthy change is challenging for you, consider learning skills for change in our December **Making Healthy Changes for Life** webinar.



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

October's topic:
Protect Yourself with Vaccines