



# In Case You Missed it

TRICARE® West Region e-Updates

February 2021

- 1. COVID-19 vaccine.** Do you have questions about when the vaccine will be available to you and where to get it? The Department of Defense is distributing the vaccines to military hospitals and clinics in phases. Learn more at [www.tricare.mil/COVIDVaccine](http://www.tricare.mil/COVIDVaccine) and check with your local military hospital for details. Additionally, TRICARE beneficiaries can get the vaccine at no cost through civilian pharmacies and TRICARE-authorized providers (office visit copayments may apply). We offer state-specific resources at <https://www.tricare-west.com/content/hnfs/home/tw/bene/res/covid-19.html>.
- 2. Telehealth just a click away.** We know access to virtual health care appointments are important. [HNFS offers options to help you](#) get the care you need. Use the telemedicine filter in our network directory to find providers who offer virtual appointments. Also, take advantage of Telemynd and Doctor On Demand, new telehealth services available to West Region beneficiaries. 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.
- 3. 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.
- 4. TRICARE's new Low Back Pain and Physical Therapy Demonstration.** As of Jan. 1, 2021, TRICARE is waiving cost-shares for qualified beneficiaries for up to [three physical therapy sessions](#) for low back pain. The demonstration is available in ten states, three of which are in the West Region: Arizona, California and Colorado. Learn more about how to qualify and referral requirements.
- 5. Stay healthy in the New Year.** [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. Do you need a new primary doctor? Use our online [network provider directory](#) to start your search. You can change your primary doctor at any time. You do not need to wait for Open Season or a qualifying life event.
- 6. Attend an online TRICARE webinar.** Health Net Federal Services, LLC (HNFS) offers beneficiary briefings via webinars to help you learn about the basics of the TRICARE program. You can choose a pre-recorded briefing at a time that works best for you, or attend a live interactive webinar presented by one of our experienced TRICARE staff. View the current schedule and list of recordings at [www.tricare-west.com/go/webinars](http://www.tricare-west.com/go/webinars).
- 7. Buckley Prime Service Area Pilot.** [HNFS is offering a new experience](#) for TRICARE Prime beneficiaries living in the area surrounding Buckley Air Force Base (AFB) in Colorado. Our goal? To make sure you [get to the right provider, at the right time, for the right care](#). If you live in the Buckley AFB, Colorado area, are enrolled in TRICARE Prime and have a civilian primary care manager, you'll automatically be a part of the pilot. You don't have to take any action and your TRICARE benefit remains the same.
- 8. Save a call! Go online.** Have you checked out the [self-service tools available on our website?](#) We encourage you to log in to access all tools available. Once logged in, you can securely access personal information like authorization and referral letters, eligibility information, claim status, Explanations of Benefits, and more.
- 9. February is Heart Health Month.** View our recorded [Heart Healthy Living](#) class to learn ways to reduce risk factors for heart disease and tips to improve your heart health. If you have symptoms of heart disease, such as chest pain, shortness of breath, irregular heartbeats, or heart palpitations, or if you are at high risk for heart disease, your doctor may ask you to get an imaging stress test. Visit [Choosing Wisely®](#) for more information.
- 10. Diabetes and heart disease.** Diabetes is a risk factor for developing heart disease. View our [Essentials of Diabetes Management](#) recorded class to learn how to manage diabetes with medications, monitoring, meal planning, and movement. Learn how to make small lifestyle changes that can have a big impact on your heart and health.



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

**February's topic:  
COVID-19 Vaccine  
Information**