



# In Case You Missed it

TRICARE® West Region e-Updates

January 2021

- 1. Attention TRICARE Select Group A retirees!** If you have not already set up your automatic payments for enrollment fees, you must do so now to avoid a disruption in coverage. Most Group A retirees enrolled in TRICARE Select pay enrollment fees as of Jan. 1, 2021 (you are Group A if you or your sponsor enlisted or was appointed prior to Jan. 1, 2018). Go online or use our self-service telephone option today to [set up your monthly payments](#).
- 2. Stay up to date on COVID-19, including testing and vaccines.** TRICARE covers COVID-19 testing that is considered medically necessary. Check out TRICARE's [COVID-19 testing coverage chart](#) for details. Curious about the vaccine? The Department of Defense, in collaboration with the Department of Health and Human Services, has launched a [phased program to provide COVID-19 vaccines](#) to service members, retirees and their families.
- 3. Take advantage of telehealth options.** We understand how important it is for you to have easy access to providers who offer virtual appointments. That's why HNFS has partnered with [Telemynd](#) and [Doctor On Demand](#) to offer you additional telehealth options. You can also search our network directory and use the "telemedicine" filter to locate providers who can see you virtually. Learn more on our [Network Provider Directory](#) page. During the COVID-19 stateside public health emergency, there are no copayments or cost-shares for covered telemedicine care. Referral requirements for telehealth are the same as those for in-person visits.
- 4. Did you miss TRICARE's Open Season?** TRICARE's Open Season ended on Dec. 14, 2020. During Open Season, TRICARE beneficiaries had an opportunity to change or enroll in TRICARE Prime or TRICARE Select health plans, effective Jan. 1, 2021. If you missed out on Open Season, learn about enrollment options following a [qualifying life event](#).
- 5. Keep your information in the Defense Enrollment Eligibility Reporting System (DEERS) up to date.** Start the year off right by taking 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.
- 6. Review your 2021 TRICARE health plan costs.** Some costs for TRICARE health plans have changed as of Jan. 1. To review your current out-of-pocket costs, use [TRICARE's cost comparison tool](#).
- 7. Here's how TRICARE's right of first refusal process works.** If you have TRICARE Prime, you may be referred to a military hospital or clinic for specialty care even if your provider requested you see a civilian provider. This is known as [TRICARE's right of first refusal \(ROFR\)](#). It requires us to first check with your local military hospital or clinic before approving care to another provider in our network.
- 8. Talk to a nurse any time using the 24/7 MHS Nurse Advice Line.** Get health care support from a [registered nurse at no cost](#). Phone, web chat, and video chat options are available to you. Nurses can answer questions about urgent care, help you understand symptoms, assist with finding local urgent or emergency care facilities, and help you schedule an appointment at a military hospital or clinic.
- 9. HNFS now offers recorded health and wellness classes.** Try one of our newly-recorded classes and learn at your own pace, on your own schedule. We have classes on a variety of topics: anxiety, depression, stress management, diabetes, heart health, and tobacco cessation. You can also register for our live Making Healthy Changes for Life teleclass to learn the skills that help your healthy changes last. Visit our [Learning Center](#) to get started today!
- 10. Cervical cancer can be prevented.** Did you know the human papillomavirus (HPV) causes almost all cases of cervical cancer? Routine screenings, such as a Pap or HPV test, can help find abnormal cells early before they turn into cancer. Women ages 21 to 65 should get regular cervical cancer screenings through Pap tests, HPV tests or both. Additionally, girls between 11 and 12 years of age may benefit from the HPV vaccine. Learn more about who, what and when at [Choosing Wisely®](#) and visit [www.tricare.mil](http://www.tricare.mil) for current benefit information.

*Are you in the Buckley AFB, Colorado area and enrolled in TRICARE Prime? Learn about HNFS' [Buckley Prime Service Area Pilot](#) taking place in your area!*