

TRICARE®

# Beneficiary Updates

## In Case You Missed It

November 2020

- 1. Don't miss TRICARE's Open Season.** **TRICARE Open Season** is starting in just a few days! Don't miss your opportunity to enroll in or make changes to your TRICARE Prime or Select plan for coverage beginning Jan. 1, 2021. If you want to keep your coverage the same, no action is required unless you are a Group A retiree enrolled in TRICARE Select (see below for information on setting up automatic payments for enrollment fees).
- 2. Take action today to set up new TRICARE Select retiree enrollment payments.** If you are a Group A retiree currently enrolled in TRICARE Select, you must set up automatic payments for enrollment fees starting Jan. 1, 2021, to keep your coverage. (You are Group A if you or your sponsor enlisted or was appointed prior to Jan. 1, 2018.) Don't lose your TRICARE Select coverage. Go online or use our self-service telephone option today to [set up your monthly payments](#).
- 3. TRICARE Retired Reserve (TRR), TRICARE Reserve Select (TRS) and TRICARE Young Adult (TYA) premiums to increase in 2021.** Monthly premium rates for TRS, TRR and TYA are subject to change each year, as determined by the government. Visit [www.tricare.mil/costs](http://www.tricare.mil/costs) for rate details. By law, TYA enrollees must pay premiums that represent the full cost of the program. These costs have risen, so **TYA premiums are increasing for 2021**.
- 4. How to make changes to your dental and vision plan.** The **Federal Employees Dental and Vision Insurance Program (FEDVIP)** offers vision and dental coverage separate from TRICARE benefits. Retirees and their families, and active duty family members may qualify for FEDVIP as long as they are enrolled in a TRICARE plan. The FEDVIP Open Season runs the same time as TRICARE's Open Season, Nov. 9–Dec. 14.
- 5. Track your authorizations and referrals online.** HNFS makes it easy for you to quickly check specialty referral and authorization status. Log in at [www.tricare-west.com](http://www.tricare-west.com) to access our secure tools. We offer printable guides to help you get started. Don't forget to opt in for text or email alerts – set your preferences under “My Account” to get notified when an authorization has processed.
- 6. Don't forget about telemedicine options.** The COVID-19 pandemic has altered how we live our daily lives. That's why it's so important to keep your health care a top priority. In response to COVID-19, TRICARE has temporarily expanded telemedicine services to include audio-only visits, and is waiving cost-shares and copayments for all covered telemedicine services. Search **“Telemedicine” in our online network directory** to find a provider who offers telehealth services.
- 7. November is “movember” or Men's Health Awareness Month.** During the month of November, take steps to learn about issues affecting men's health. Together we can make a difference when it comes to issues such as poor mental health, suicide prevention and prostate or testicular cancer. [Learn how you can help](#) spread awareness.
- 8. It's flu season.** Did you know? The single best way to prevent the seasonal flu is to get vaccinated every year. Stay healthy this year by getting vaccinated early. Visit [www.tricare.mil/flu](http://www.tricare.mil/flu) to learn about vaccine options.
- 9. Need Help Making a Healthy Change?** Get the skills you need to make your healthy behavior change last with our **Making Healthy Changes for Life** teleclass on Dec. 3. Tis' the season to learn coping skills and more with our **What You Need to Know About Anxiety** teleclass on Dec. 9. More classes and online programs are available in our **Learning Center**.
- 10. The Great American Smokeout is November 19th.** If you smoke and would like to quit, take an important step toward a healthier life by quitting for this one day. Then, make a plan to quit for good. Learn at your own pace with our online **Time to Quit** program. This program will take you step by step through creating a quit plan that prepares you for success. Visit our **Tobacco Cessation Resources** page for TRICARE coverage and additional resources.



*An exploration of the many benefits available to you through your TRICARE health plan. This month, read about mental health resources to support you through life's challenges.*