

TRICARE®

Beneficiary Updates

In Case You Missed It

October 2020

- 1. TRICARE Open Season is starting soon.** **TRICARE Open Season** is just around the corner. During Open Season, you can enroll in or change your health plan for coverage beginning Jan. 1, 2021. Remember, outside of Open Season, changes to TRICARE Prime or Select plans can only be made following a qualifying life event. Mark your calendars; this year's Open Season runs from Nov. 9 through Dec. 14, 2020.
- 2. Set up automatic payments for Group A Select enrollment fees today.** Starting Jan. 1, 2021, if you're a retired Group A beneficiary (your sponsor enlisted or was appointed prior to Jan. 1, 2018), you and your family must pay a monthly TRICARE Select enrollment fee to maintain your TRICARE Select coverage. If you haven't already, **set up your automatic payments** now to avoid any disruption with your TRICARE Select coverage. You can quickly and easily set up payments online or by using our interactive voice response (IVR) system.
- 3. Avoid unexpected costs after an emergency room or urgent care visit.** If you receive **emergency** or **urgent care**, the treating provider may recommend you see a specialist for follow up visits. For those enrolled in TRICARE Prime, remember that most specialty care requires a referral from your primary care manager (PCM). This means the emergency or urgent care provider must ask your PCM to submit the referral to HNFS for approval. Without a PCM referral, you may end up paying higher point-of-service costs.
- 4. Here's what you need to know about the Prime Travel Benefit for specialty care.** TRICARE's **Prime Travel Benefit** offers reimbursement to certain beneficiaries enrolled in TRICARE Prime or TRICARE Prime Remote who are referred to specialists 100 or more miles away. In order to qualify, your doctor must provide us with clinical documentation confirming specialty care within 100 miles was not available. Keep in mind, patient/provider preference is not a valid reason.
- 5. Self-service tools are easy and convenient.** Now more than ever it's important to stay up to date when it comes to your health care. We offer a suite of **online self-service tools** that allow you to conduct TRICARE transactions at any time. Go online to: access the provider directory, view authorization and referral letters, check claim status, set up enrollment payments, and more (some tools require you to log in).
- 6. Stay protected by getting your flu vaccine.** Flu season is coming. One way you can stay protected is by getting a **flu vaccine**, unless you have a medical condition that prohibits you from getting one. TRICARE beneficiaries can get the flu vaccine at no cost by going to a military hospital or clinic, participating network pharmacy or from a TRICARE-authorized provider (office visit copays may apply).
- 7. October is Breast Cancer Awareness month.** Have you or a loved one been impacted by breast cancer? This month is all about **spreading awareness** and encouraging women to get screened, if appropriate. TRICARE covers one screening mammogram annually beginning at age 40, or age 30 if high risk. Talk with your doctor about your options.
- 8. Take steps to prepare for a disaster.** Weather and natural disasters are unpredictable and can affect anyone at any time. While you can't predict when disaster will strike, you can take steps to **be prepared**. Be sure to sign up for TRICARE **disaster alerts**, keep medical information safe and accessible, keep prescriptions filled and medical devices ready, and always follow public health recommendations.
- 9. Make your health a priority.** Take a **health risk assessment (HRA)** today to identify your risks and learn what you can do to improve overall health. Once you complete the HRA, you'll get instant results you can use to take action. Talk with your doctor about health screenings and exams you may need to schedule. Visit **Choosing Wisely®** to learn more about adult health check-ups and screenings, and how to avoid unnecessary tests and health care costs.
- 10. November is National Diabetes Month and the Great American Smokeout.** Take some time this month to learn more about these two important topics. We offer telephone-based classes to assist you in making healthy choices. Register for our **Preparing to Quit Tobacco** class on November 12 and/or our **Essentials of Diabetes Management** class on November 17. If classes are not for you, try one of our self-paced **online programs**.