



In Case You Missed it

TRICARE® West Region e-Updates

July 2021

- 1. Building trust in the COVID-19 vaccine.** Understandably, you may have questions or concerns about the COVID-19 vaccine. If you've been holding off getting vaccinated, read these [myths vs. facts](#) from TRICARE so you can make a more informed decision.
- 2. 3-D mammogram update.** Health Net Federal Services, LLC (HNFS) recently received clarification from the Defense Health Agency regarding cost-shares/copayments and approval requirements for 3-D mammograms. Due to this new guidance, HNFS is adjusting claims from Jan. 1, 2020 to present. [Learn more](#) about this update.
- 3. How to check if a prescription is covered.** Taking your prescribed medications can be key in keeping you healthy. But, sometimes it can be hard to tell if the medication your doctor prescribes is covered by TRICARE. To help, you can use the [TRICARE Formulary Search tool](#) to search for covered medications. This tool is a great way for you to learn about your prescription, where you can fill it and how much it will cost out of pocket.
- 4. Stay safe this summer.** Summer comes with travel, pool days, and many more outdoor activities. While enjoying all the summer fun this year, it's important to stay healthy and safe. Read up on [summer safety tips](#) to keep you and your family safe this summer season!
- 5. Updating other health insurance (OHI).** It's important to keep your OHI up to date so your health care claims are processed accurately. You can easily update your [OHI online](#) at any time, or by submitting a [TRICARE Other Health Insurance Questionnaire](#). Check out our [OHI web page](#) for more information on how your OHI works with TRICARE.
- 6. Have you recently retired from active duty?** Retiring from active duty can come with major life changes. One of those changes will be to your TRICARE coverage. Understanding your options can help you make the best health care decisions for you and your family. Download the [TRICARE Retiring from Active Duty brochure](#) so you have a handy resource to refer to when you need it.
- 7. Telemedicine options for those wanting virtual appointments.** Not ready for an in-person office visit with your doctor? We've got you covered. Use the telemedicine filter in our Network Provider Directory to search for providers offering telehealth. Also, HNFS has partnered with [Doctor on Demand](#) and [Telemynd](#) for physical and mental telehealth care. As a reminder, 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.
- 8. Be in the know when it comes to natural disasters.** Natural disasters can happen anywhere, anytime. When disaster strikes, TRICARE puts in effect special waivers so you can still get the health care you may need. View tips and resources to help you in the event of an emergency. And, don't forget to sign up for [disaster alerts](#) from TRICARE so you can stay in the know.
- 9. Safe skin care in the summer.** According to the Centers for Disease Control and Prevention, skin cancer is the most common form of cancer in the United States. Visit our [Cancer Prevention Health Topics](#) page for web links to national organizations focused on cancer. Talk with your doctor if you have any concerns, and for a screening. For more information about imaging tests for melanoma, visit [Choosing Wisely](#).
- 10. Ready to make a lifestyle change?** Determine your level of readiness and learn skills to help you be successful with our [Assessing Your Readiness for Healthy Change](#) online program. Want to learn and practice skills even more? Register for our next [Making Healthy Changes for Life](#) class webinar September 2, 2021 at 5:00 p.m. PDT.



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

July's topic:
The Importance of the COVID-19 Vaccine