

TRICARE®

Beneficiary Updates

In Case You Missed It

August 2020

- 1. Stay healthy by taking advantage of telemedicine options.** Don't delay getting the health care you need. TRICARE covers many medically necessary [telehealth and telemedicine services](#). Due 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 get started.
- 2. TRICARE Open Season starts Nov. 9.** [TRICARE Open Season](#) is the annual period when you can enroll in or change your health plan for the next year. Now is the time to review your health coverage and decide if changes are needed. Outside of Open Season, changes to your TRICARE policy 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.
- 3. Changes ahead for Group A Select enrollment fees.** Starting Jan. 1, 2021, if you're a Group A retired beneficiary, you and your family must pay a monthly TRICARE Select enrollment fee to maintain your TRICARE Select coverage. If you use another TRICARE plan, like TRICARE For Life, this won't affect you. To check your plan's costs, visit www.tricare.mil/costs. Visit TRICARE's Select Enrollment Fees page for updates and to sign up for email alerts about specific actions you need to take in the coming months.
- 4. Don't miss out on preventive health care.** Several [preventive and elective procedures and appointments](#) were canceled due to the COVID-19 pandemic. However, some of these services are now available again. Be sure to make an appointment with your primary care doctor to keep up with routine immunizations, health exams and preventive screenings. Many preventive services are covered with no out-of-pocket costs.
- 5. TRICARE covers two types of COVID-19 testing.** Did you know there are [two types of COVID-19 testing](#)? One is diagnostic, which will tell you if you have the virus currently. The other one is an antibody test, which will tell you if you've already had the virus. TRICARE covers medically necessary, FDA-approved diagnostic and antibody tests, and is currently waiving copayments and cost-shares for testing and related office visits.
- 6. Attend a TRICARE webinar briefing online.** Health Net Federal Services, LLC (HNFS) offers beneficiary briefings via webinar. This is a great alternative, as many in-person briefings have been put on hold due to the COVID-19 pandemic. Our experienced TRICARE staff offer online presentations on various TRICARE-related topics. View the current schedule at www.tricare-west.com/go/webinars. Additionally, we have a pre-recorded briefing you can watch any time. Don't forget to check back for more topics coming soon.
- 7. Review these summer tips to keep you healthy.** Though summer plans may look a little different this year, there are still plenty of [outdoor activities taking place this summer](#). Remember to practice social distancing, wear your sunscreen, and be careful when in or around water. As always, if you have a medical emergency, dial 911. Otherwise for non-emergent injuries or illness, don't forget about the [MHS Nurse Advice Line](#) for free medical advice from a qualified nurse.
- 8. Use the Authorization Status Tool to view/print determination letters.** HNFS makes it easy for you to check the status of referrals and authorizations. With just a few steps, you can see status and other details within seconds. You can even print your authorization letter for your records. Use our newly developed [quick reference guide](#) for step-by-step instructions.
- 9. Special Teleclass – Offered September 2020 Only! [Stress Management in Times of Uncertainty](#).** Register for one of these instructor-led, telephone-based classes to learn coping skills and get tools, support and resources to help you reduce and manage symptoms of stress during this pandemic.
- 10. Participate in health learning from the comfort of home.** Register for a telephone-based class and receive education from a health professional on the following topics: September – [anxiety](#) and how to [make healthy behavior change](#); October – depression and heart health; November – diabetes and tobacco. Visit the [Learning Center](#) today. If group classes are not for you, try one of our self-paced online programs, or learn how you can get [one-on-one coaching](#) with a disease management specialist.