

TRICARE®

Beneficiary Updates

In Case You Missed It

January 2020

- 1. Making TRICARE Prime and Select enrollment changes outside Open Season.** Open Season ended on Dec. 9, 2019, with the next one taking place in fall of 2020. **If you need to make TRICARE Prime or Select enrollment changes before the 2020 Open Season**, you must have a qualifying life event (QLE). A QLE is a certain change in your life; such as marriage, birth of a child, change in active-duty status, etc. Keep in mind, you can still change your primary care manager at any time without a QLE or outside of Open Season.
- 2. TRICARE now covers 3-D mammogram screenings.** As of Jan. 1, 2020, **TRICARE covers annual 3-D mammography screenings** under its provisional coverage program. Previously, TRICARE only covered 3-D mammograms for diagnostic purposes. Because this is a provisional benefit, prior authorization is required regardless of TRICARE plan type.
- 3. TRICARE deductibles and catastrophic caps.** Don't forget to check your current **deductible and catastrophic cap** associated with your plan. Deductibles and catastrophic caps reset every year on Jan. 1. Remember, TRICARE costs depend on your/your sponsor's military status as well as your health plan (such as TRICARE Prime or TRICARE Select).
- 4. TRICARE pharmacy payment increase.** As of Jan. 1, 2020, you may see an **increase on some copayments for prescription drugs**. Prescriptions through TRICARE Pharmacy Home Delivery or at a retail network pharmacy will see increases anywhere from \$2 to \$7. Keep in mind, there is still no cost to fill prescriptions at military pharmacies. Additionally, these cost changes do not apply to active duty service members.
- 5. Access public and secure tools online.** Health Net Federal Services, LLC (HNFS) offers many online self-service tools that allow you to conduct TRICARE transactions online at any time. Our recently updated **Beneficiary Web Tools** guide can help you get started.
- 6. Using the Military Health System (MHS) Nurse Advice Line.** Get health care answers 24/7 with the **MHS Nurse Advice Line**. Whether you have questions about a sick child, are traveling and need advice, or are simply looking for the nearest urgent care or emergency facility, the MHS Nurse Advice Line can help. Nurses are available via phone, web chat or video chat. As always, if you or your loved ones need immediate assistance, call 911 or go to the nearest emergency room.
- 7. Keep 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 QLE, as this may change your TRICARE health plan options.
- 8. Automated calls from HNFS.** Have you received an **automated call from HNFS** regarding a recent hospital stay? HNFS currently contracts with Eliza, a third party health engagement management company, to make outbound calls and send text message reminders to beneficiaries recently discharged from an inpatient mental health hospital stay.
- 9. Get and stay healthy this year – register for a telephone-based class.** If you use tobacco and are ready to quit, start the New Year with our Preparing to Quit Tobacco teleclass. Sign up for Heart Healthy Living and learn ways to reduce risk factors for heart disease. The Essentials of Diabetes Management class will teach you the four cornerstones for managing diabetes. Teleclasses not for you? Try an **online program** and learn at your own pace.
- 10. Choose wisely with *Choosing Wisely*®.** Learn how to get the most value for your health. Choosing Wisely offers guidance on many topics you can discuss with your doctor to help get the best care for you and your health.