Permanent Change of Station

Coordinating Your Medical Coverage Before, During, and After Your Move
Today’s AGENDA

• What Is TRICARE?
• Planning for Your Move
• Getting Care While Traveling
• TRICARE Benefit at Your New Location
• Other Important Information
• Your Checklist
• For Information and Assistance
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TRICARE Overseas Program

**Latin America and Canada**
Canada, the Caribbean Basin, Central and South America, Puerto Rico, and the U.S. Virgin Islands

**Eurasia-Africa**
Africa, Europe, and the Middle East

**Pacific**
American Samoa, Asia, Australia, Guam, India, Japan, New Zealand, Northern Mariana Islands, South Korea, and Western Pacific remote countries
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Staying Covered When Moving

• ADSMs must be enrolled in a TRICARE Prime option.
• Do **not** disenroll from TRICARE Prime, TRICARE Prime Remote or TRICARE Select. Your current coverage will continue until your enrollment transfer is completed after you arrive at your new location.
• Verify your current information in the Defense Enrollment Eligibility Reporting System (DEERS).
• Inform your current regional contractor about your upcoming move.
• Learn about TRICARE options in your new location.
Before moving, sponsors and dependents should:

- Request copies of medical and dental records
- Fill/refill prescriptions
- Plan ahead for routine medical care
- Keep a list of providers’ phone numbers
- Coordinate services for family members with special needs
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## How to Get Care During Your Move

<table>
<thead>
<tr>
<th>Type of Care</th>
<th>TRICARE Prime</th>
<th>TRICARE Select</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency (immediate)</td>
<td>Call 911 or go to the nearest emergency room</td>
<td></td>
</tr>
<tr>
<td>Urgent (within 24 hours)</td>
<td>See any TRICARE-authorized provider</td>
<td></td>
</tr>
</tbody>
</table>
| Prescriptions           | • Military treatment facility pharmacy: [www.tricare.mil/mtf](https://www.tricare.mil/mtf)  
                          | • TRICARE retail network pharmacy: [https://militaryrx.express-scripts.com](https://militaryrx.express-scripts.com) or 1-877-363-1303 |                                                  |
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Keep DEERS Information Up To Date

Being able to use TRICARE depends on keeping DEERS up to date. Update DEERS after you have a life event, like getting married or divorced, moving, giving birth, adopting a child, retiring, and other changes.

Go to an **ID Card Office** (https://idco.dmdc.osd.mil/idco)

**Note:** You must use this option to add family members in DEERS.

Log on to **https://milconnect.dmdc.osd.mil.**

Call **1-800-538-9552.**

Fax **1-800-336-4416.**
TRICARE Prime Enrollment

• Updating DEERS does **not** transfer your TRICARE Prime enrollment.
• You may call your current regional contractor to transfer TRICARE Prime enrollment

OR

• Complete the *TRICARE Prime Enrollment, Disenrollment, and Primary Care Manager (PCM) Change Form* (DD Form 2876).
• Ways to access the form:
  – Log on to [https://milconnect.dmdc.osd.mil](https://milconnect.dmdc.osd.mil). Click **Benefits** and then **Beneficiary Web Enrollment**
  – Online: [www.tricare.mil/forms](http://www.tricare.mil/forms)
TRICARE Prime and TRICARE Prime Remote

- TRICARE Prime:
  - Available near a military hospital or clinic and other areas with established TRICARE networks, or in areas where the US Family Health Plan (USFHP) is offered

- TRICARE Prime Remote (TPR) and TRICARE Prime Remote for Active Duty Family Members (TPRADFM):
  - Available to ADSMs who live and work in remote locations (more than 50 miles from a military hospital or clinic) and eligible family members residing with them
  - Find out if you live in a remote area at www.tricare.mil/tprzipcode.
US Family Health Plan (USFHP)

USFHP Service Areas

- TRICARE Prime option
- Six service areas
- Must enroll
- May not get care at military hospitals or clinics or use military pharmacies
TRICARE Overseas Program Options

• ADSMs and command-sponsored family members:
  – TRICARE Overseas Program (TOP) Prime
  – TOP Prime Remote
  – TOP Select (for family members only)
• Family members who are not command sponsored:
  – TOP Select
• International SOS Government Services, Inc. administers the overseas program benefit.
• Web site: www.tricare-overseas.com
Active Duty Dental Benefits

- No enrollment is necessary.
- Where possible, care is provided by military dentists.
- Active Duty Dental Program (ADDP):
  - Benefit administered by United Concordia® Companies, Inc.
  - Available with military dentist referrals or to those living and working in remote locations
  - Need an Appointment Control Number (ACN) to get care
  - Web site: www.addp-ucci.com
TRICARE Dental Program (TDP)

When moving:

- Do **not** disenroll family members from TDP.
- Update your address with United Concordia
- Find a participating dentist at [www.uccitdp.com](http://www.uccitdp.com) or by calling:
  - 1-844-653-4061 (CONUS)
  - 1-844-653-4060 (OCONUS toll-free)
  - 1-717-888-7400 (OCONUS toll)
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Pharmacy Options

- **Military Pharmacy**
  - Usually inside military hospitals and clinics
  - Get up to a 90-day supply

- **TRICARE Pharmacy Home Delivery**
  - Must use this option for some drugs
  - Get up to a 90-day supply

- **TRICARE Retail Network Pharmacy**
  - Fill prescriptions without submitting a claim
  - Get up to a 30-day supply

- **Non-Network Pharmacy**
  - Pay full price up front and file a claim to get a portion of your money back
  - Get up to a 30-day supply
The Affordable Care Act

TRICARE meets the minimum essential coverage requirement under the Affordable Care Act (ACA).

Each tax year, you will get an Internal Revenue Service (IRS) Form 1095 from your pay center. It will list your TRICARE coverage for each month.

Your Social Security number (SSN) and the SSNs of each of your covered family members should be included in DEERS for your TRICARE coverage to be reflected accurately.
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Moving with TRICARE

Before You Move:

- Do not disenroll from TRICARE Prime or TRICARE Select.
- Contact your current regional contractor to begin transferring enrollment.
- Verify DEERS information.
- Fill prescriptions.
- Get copies of medical and dental records.
- Make sure you have your current PCM’s phone number.
- Coordinate special care needs.
Moving with TRICARE

On the Road:

- For urgent care, no referral is required for non-ADSMs.
  
  **Note:** If you’re an ADSM, you need a referral for any nonemergency care you get from a civilian provider.

- For emergency care, no referral is required; call 911 or go to the nearest emergency room.

At Your New Location:

- Update DEERS.
- Finish transferring TRICARE Prime or TRICARE Select enrollment, if applicable.
- If you are enrolled in the TRICARE Dental Program, provide your new contact information to United Concordia.
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Stateside Regional Contractors
- TRICARE East Region
  Humana Military
  1-800-444-5445
  HumanaMilitary.com
  www.tricare-east.com

- TRICARE West Region
  Health Net Federal Services, LLC
  1-844-866-WEST (1-844-866-9378)
  www.tricare-west.com

Overseas Regional Contractor
- TRICARE Overseas Program (TOP)
  International SOS Government Services, Inc.
  www.tricare-overseas.com/contact-us

More Resources
- TRICARE Website
  www.tricare.mil

- Publications
  www.tricare.mil/publications

- milConnect
  https://miltconnect.tricare.mil