

- **ATTENTION PRESENTER:** To ensure that TRICARE beneficiaries receive the most up-to-date information about their health benefit, you must visit [www.health.mil/tricarebriefings](http://www.health.mil/tricarebriefings) for the latest version of all briefings before each presentation. Briefings are continuously updated as benefit changes occur.
- **Presenter Tips:**
  - Print out and review briefing with notes prior to presentation.
  - Ensure “slide show” setting.
  - You may add slides from other briefings as appropriate for your audience.
- **Estimated Briefing Time:** 20–25 minutes
- **TRICARE Resources:** Visit [www.tricare.mil/publications](http://www.tricare.mil/publications) to view, print, or download TRICARE educational materials. Suggested resources include: *TRICARE Choices in the United States Handbook*, *TRICARE Overseas Program Handbook*, *Costs and Fees* sheet, and *TRICARE Plans* overview.
- **Briefing Objectives:**
  - Increase awareness and understanding of the TRICARE benefit
  - Educate beneficiaries on how to coordinate their health care coverage before, during, and after a move
  - Provide additional resources for more information
- **Optional Presenter Comments:** Welcome to TRICARE’s *Permanent Change of Station* briefing. The goal of today’s presentation is to give you the information you need to coordinate your medical coverage before, during, and after your move.

## Today's AGENDA



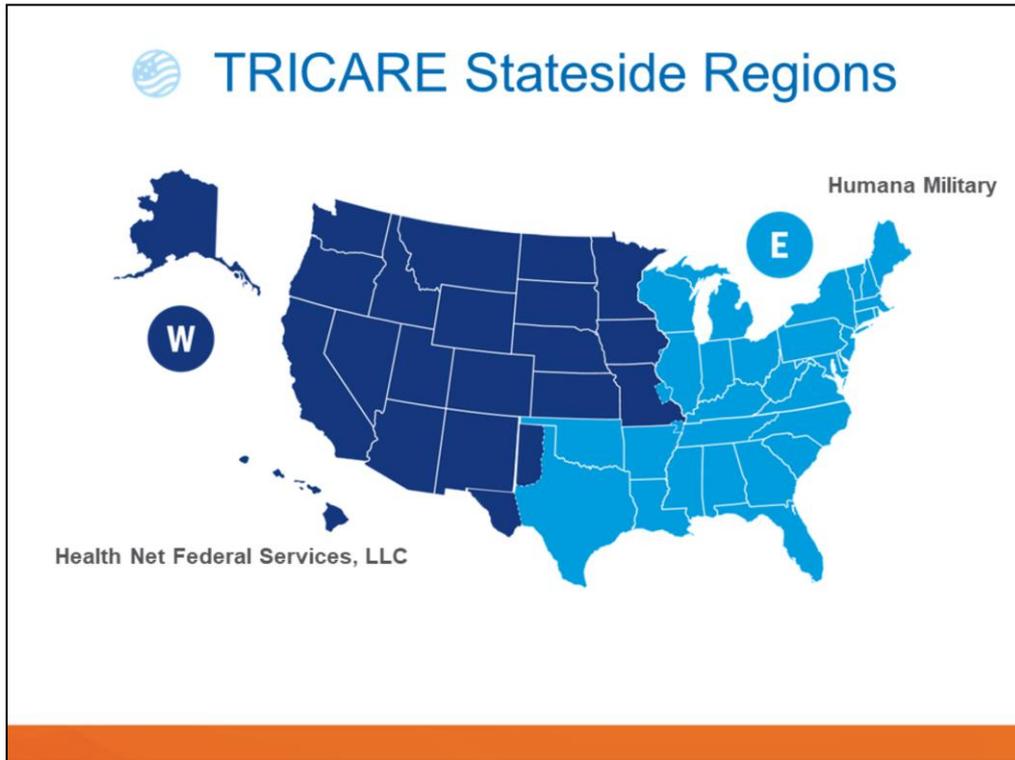
- What Is TRICARE?
- Planning for Your Move
- Getting Care While Traveling
- TRICARE Benefit at Your New Location
- Other Important Information
- Your Checklist
- For Information and Assistance

- Today, we'll discuss what you should do to ensure continuous TRICARE coverage while you move.
- We'll also look at your options for getting care while you're in transit between duty stations as well as what choices you have once you've relocated.
- Finally, I'll provide you with a moving checklist and important contact information so you can get assistance and find answers to any additional questions you may have.

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- What Is TRICARE?
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- **Optional Presenter Comment:** First, we'll discuss what TRICARE is.



- TRICARE is available worldwide and managed regionally. There are two TRICARE regions in the United States—TRICARE East and TRICARE West—and one overseas region with three areas—TRICARE Eurasia-Africa, TRICARE Latin America and Canada, and TRICARE Pacific. Benefits are the same regardless of where you live, but there are different customer service contacts for each region.
- Health Net Federal Services, LLC administers the benefit in the West Region, and Humana Military administers the benefit in the East Region. Both regional contractors partner with the Military Health System to provide health, medical, and administrative support including customer service, claims processing, and pre-authorizations for certain health care services.
- Contact information for each region will be provided at the end of this presentation.



## 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

- International SOS Government Services, Inc. administers the TRICARE Overseas Program benefit in the areas shown.
- There are three geographic overseas regions: Latin America and Canada, Eurasia-Africa, and the Pacific.
- Contact information for your area will be provided at the end of the presentation. If you're relocating overseas, be sure to keep contact information for your region close at hand.

## **Today's AGENDA**

- What Is TRICARE?
- **Planning for Your Move**
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- **Optional Presenter Comment:** We'll now discuss planning for your move.

## 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.



- Keep in mind, active duty service members, or ADSMs, must be enrolled in a TRICARE Prime option. When moving to a new duty station, do **not** disenroll from TRICARE Prime, TRICARE Prime Remote, or TRICARE Select. Prior to moving, a TRICARE Prime or TRICARE Select enrollee may transfer enrollment by calling his or her current regional contractor; however, the process is not finalized until after moving. If you disenroll before you move:
    - You won't have TRICARE Prime or TRICARE Select coverage during your trip. You'll only have access at a military hospital or clinic if space is available.
  - As long as you do not disenroll, your current coverage will continue until you transfer your enrollment to your new duty location when you arrive. If you're enrolled in the US Family Health Plan and move out of a US Family Health Plan designated service area, you regain eligibility for other TRICARE programs.
  - Before you leave, make sure to verify your family's current contact information in the Defense Enrollment Eligibility Reporting System, or DEERS. This will help you avoid problems if you need care while traveling.
- Note:** Do **not** enter your new contact information until you arrive at your new location.
- Inform your current regional contractor about your upcoming move.
  - Before you move, you should also review your TRICARE options (such as TRICARE Prime, TRICARE Prime Remote, or TRICARE Select) in your new location.

## Ongoing Medical Care

**Before moving, sponsors and dependents should:**

- Request copies of medical and dental records
- Fill and refill prescriptions
- Plan ahead for routine medical care
- Keep a list of providers' phone numbers
- Coordinate services for family members with special needs

- In preparation for your move, sponsors and dependents should request copies of medical and dental records from any civilian facilities, if applicable. Having records will help your new providers understand your health history and better coordinate your care.

**Note:** HIPAA, or the Health Insurance Portability and Accountability Act, authorization may be required for someone other than the patient to obtain copies of records.

- Fill or refill any prescriptions.
- Plan ahead for routine medical care, such as physicals, well-child care, and care for chronic medical conditions.
- Keep a list of providers' phone numbers. Be sure to have your current primary care manager's, or PCM's, phone number—including his or her after-hours contact information.
- If you have a family member with special needs, coordinate with the appropriate Exceptional Family Member Program office and Extended Care Health Option care coordinator prior to your move. The military requires that the exceptional family member's health care needs are met at the new duty station.

## Today's AGENDA

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- **Optional Presenter Comment:** We'll now discuss getting care while traveling.

## How to Get Care During Your Move

Type of Care	TRICARE Prime	TRICARE Select
Emergency (immediate)	Call 911 or go to the nearest emergency room	
Urgent (within 24 hours)	See any TRICARE-authorized provider	
Prescriptions	<ul style="list-style-type: none"> <li>• Military hospital or clinic pharmacy: <a href="http://www.tricare.mil/mtf">www.tricare.mil/mtf</a></li> <li>• TRICARE retail network pharmacy: <a href="https://militaryrx.express-scripts.com">https://militaryrx.express-scripts.com</a> or 1-877-363-1303</li> </ul>	

- This chart shows you how to get care while traveling.
- TRICARE defines an emergency as a medical, maternity, or psychiatric condition that someone with an average knowledge of health and medicine believes to be a threat to life, limb, or sight.
  - If you or someone you know experiences an emergency while traveling, call **911** or go to the nearest emergency room.
  - A TRICARE Prime or TRICARE Prime Remote beneficiary should contact his or her PCM or regional contractor within 24 hours or the next business day to coordinate any ongoing care.
  - If admitted, you or someone on your behalf must notify your regional contractor. Additionally, active duty service members, or ADSMs, should notify their chain of command.
- Urgent care is covered for any illness or injury that requires attention within 24 hours, such as a severe sprain, sore throat, high temperature, or uncontrolled vomiting.
  - If you're an ADSM, you need a referral for any nonemergency care you get from a civilian provider.
  - If you're a non-ADSM enrolled in TRICARE Prime or TRICARE Prime Remote, you can contact your regional contractor for help finding an urgent care facility. You don't need a referral to get urgent care. You can get urgent care from any TRICARE-authorized urgent care center or network provider.
  - If you're enrolled in TRICARE Select or have purchased any other TRICARE plan, you don't need a referral to get urgent care. You can get urgent care from any TRICARE-authorized urgent care center or provider. You'll pay network or non-network copayments or cost-shares, depending on the type of provider you see.
  - The easiest and most cost-effective way to have prescriptions filled while on the road is at a military hospital or clinic or a TRICARE retail network pharmacy.

## Today's AGENDA

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- **Optional Presenter Comment:** Now we'll discuss your TRICARE benefit at your new location.

## 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.

- The Defense Enrollment Eligibility Reporting System, or DEERS, is a database of service members and dependents worldwide who are eligible for military benefits, including TRICARE.
  - Your TRICARE eligibility shows up in DEERS based on the sponsor's status. To maintain your eligibility, you must update DEERS after any life event. If you don't, you may miss important information and enrollment deadlines. This could mean you lose access to care. A life event can include getting married or divorced, moving, giving birth, adopting a child, or retiring.
  - Register in DEERS through the milConnect website at <https://milconnect.dmdc.osd.mil>. The milConnect website is the Defense Manpower Data Center's online portal that provides access to DEERS information.
    - Information can also be updated by phone, fax, or by visiting a uniformed services identification, or ID, card-issuing facility.
  - When making changes, proper documentation, such as a marriage certificate, divorce decree, birth certificate, and/or adoption papers, is required.
- Note:** Only sponsors or sponsor-appointed individuals with valid power of attorney can add a family member. Family members age 18 and older may update their own contact information.
- Remember, providers are legally permitted to copy military and dependent ID cards to verify TRICARE eligibility.
  - For more information, visit [www.tricare.mil/deers](http://www.tricare.mil/deers).

## 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>. Click **Benefits** and then **Beneficiary Web Enrollment**
  - Online: [www.tricare.mil/forms](http://www.tricare.mil/forms)

- Remember, updating DEERS does not cause your TRICARE Prime enrollment to transfer.
- You may call your regional contractor to transfer TRICARE Prime enrollment before you move, but transferring enrollment is not complete until after you move.
  - ADSMs and their family members may transfer their TRICARE Prime enrollment to a new region with a simple phone call before they move, whether stateside or overseas.
  - Once you know you're moving, call your current (losing) contractor and provide the information about your upcoming move. The current contractor will contact your new contractor to begin the enrollment transfer, and your new contractor will contact you within five days of your arrival date to complete the process.
  - In most cases, using this option eliminates the need to submit a new enrollment form.
- If you choose not to use the phone option:
  - Complete the *TRICARE Prime Enrollment, Disenrollment, and Primary Care Manager (PCM) Change Form (DD Form 2876)*, and submit it to the TRICARE representative at your new duty station.
  - You can also transfer your enrollment through the milConnect website or by downloading *DD Form 2876* from the TRICARE website and mailing the completed form to your current TRICARE regional contractor.
  - As soon as the enrollment form is submitted to your new duty station or the phone transfer is complete, you'll begin to follow the appointment guidelines at your new duty station and no longer contact your previous duty station.

## 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/planfinder](http://www.tricare.mil/planfinder).



- If you and your family live near a military hospital or clinic or another area where a TRICARE Prime Service Area has been established, you can enroll in TRICARE Prime.
- If you live **and** work more than 50 miles or a one-hour drive from a military hospital or clinic, you and your eligible family members can enroll in TRICARE Prime, or TPR, and TRICARE Prime Remote for Active Duty Family members, or TPRADFM.
  - Find out if you live in a designated remote area by visiting [www.tricare.mil/planfinder](http://www.tricare.mil/planfinder).
- With TRICARE Prime or TPR, the majority of care is provided by a primary care manager, or PCM, who is a military or family doctor dedicated to your care.
  - If your family is currently enrolled in TRICARE Select and you meet all eligibility criteria and TRICARE Prime is available where you live, enrolling them in TRICARE Prime may reduce out-of-pocket costs.
  - Remember, ADSMs **must** enroll in TRICARE Prime or TRICARE Prime Remote.
- If your family members choose to remain in or enroll in TRICARE Select, visit your regional contractor’s website for help finding a new provider and for region-specific information about authorizations and claims.

# 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

- Family members living in certain areas in the Northeast, Washington state, and along the Gulf Coast can enroll in the US Family Health Plan, or USFHP, a TRICARE Prime program option offered in six service areas across the United States. USFHP is not available to ADSMs.
- USFHP provides comprehensive coverage, but it's important to note that beneficiaries enrolled in USFHP must get all care through the USFHP network in their areas; they may not use military hospitals or clinics or military pharmacies, TRICARE retail-network pharmacies, or TRICARE Pharmacy Home Delivery. Like other TRICARE Prime enrollees, they are subject to point-of-service charges if they seek care without an appropriate referral from their primary care physician.
- Visit the USFHP website at [www.usfhp.com](http://www.usfhp.com) to find out if you're in a designated area or to enroll online.



## TRICARE Overseas Program Options

- ADSMs and **command-sponsored** family members:
  - TRICARE Prime Overseas
  - TRICARE Prime Remote Overseas
  - TRICARE Select Overseas (for family members only)
- Family members who are **not** command-sponsored:
  - TRICARE Select Overseas
- International SOS Government Services, Inc. administers the TRICARE Overseas Program benefit.
- Website: [www.tricare-overseas.com](http://www.tricare-overseas.com)

- The TRICARE Overseas Program, or TOP, options are similar to the stateside program options.
- ADSMs and command-sponsored family members may enroll in one of the following TRICARE Prime options, depending on your location:
  - TRICARE Prime Overseas
  - TRICARE Prime Remote Overseas
- Under these program options, you'll most likely have a primary care manager, or PCM, dedicated to your care.
- If you're an active duty family member, you'll save money and have priority for care if you enroll in either TRICARE Prime Overseas or TRICARE Prime Remote Overseas. Only command-sponsored family members have these options.
- Family members who do not receive command sponsorship will need to enroll in TRICARE Select Overseas.
  - TRICARE Select Overseas works much like TRICARE Select does in the United States, and beneficiaries can see any TRICARE-authorized provider for care.

**Note:** If you live in the Philippines, you're encouraged to visit a TRICARE preferred provider. For more information, contact your TOP Regional Call Center.

- International SOS Government Services, Inc. administers the TRICARE Overseas Program benefit for all areas outside the United States. Visit [www.tricare-overseas.com](http://www.tricare-overseas.com) for the most up-to-date information.

## Service Members Active Duty Dental Program

- The Active Duty Dental Program (ADDP) provides authorized civilian dental care for ADSMs who are either:
  - Referred from their military dental clinic (also known as a military dental treatment facility) in CONUS (continental United States) locations
  - Remotely located in both CONUS and OCONUS (Outside the continental United States) locations
- The ADDP is administered by United Concordia Companies, Inc. (United Concordia).
  - If you're in the CONUS service area, call United Concordia at **1-866-984-2337**.
  - If you're in the OCONUS service area, call United Concordia at **1-844-653-4058**.
- For eligibility and benefit details, go to [www.addp-ucci.com](http://www.addp-ucci.com).

- The Active Duty Dental Program, or ADDP, is administered by United Concordia Companies, Inc., referred to as United Concordia, which provides civilian dental care to service members who live and work in remote locations.
- The ADDP is available in two geographic service areas:
  - CONUS (Continental United States): Includes the 50 United States, the District of Columbia, and the U.S. territories of American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, and the U.S. Virgin Islands
  - OCONUS (Outside the continental United States): Includes all other countries, island masses, and territorial waters outside the ADDP CONUS service area
- Within the CONUS service area, those eligible for dental care through ADDP include:
  - ADSMs who live and work (duty location) more than 50 miles from a military dental clinic, or military dental treatment facility, in the service area
  - National Guard and Reserve members called or ordered to active duty for more than 30 days for a preplanned mission or a contingency operation
  - Certain others, including foreign forces members, based on a reciprocal health care agreement
- Within the OCONUS service area, those eligible for dental care through ADDP include:
  - ADSMs who are enrolled in TRICARE Prime Remote Overseas
  - Certain National Guard and Reserve members called or ordered to active duty for more than 30 days for a preplanned mission or a contingency operation
  - Certain ADSMs who require emergency dental care

**Note:** Non-remote OCONUS ADSMs aren't eligible for the ADDP. They get their care from their assigned military dental clinic.

- To see a civilian dentist through the ADDP, an Appointment Control Number, or ACN, is required. You can get an ACN on the ADDP website at [www.addp-ucci.com](http://www.addp-ucci.com). You can also call United Concordia at **1-866-984-2337** (CONUS) or **1-844-653-4058** (OCONUS). Country-specific access codes are available at the ADDP website.

**Note:** You must be eligible for the ADDP at the time you get dental care. If you aren't eligible, you'll be responsible for all costs related to the care you received under the ADDP.

- For more information about ADDP, visit [www.addp-ucci.com](http://www.addp-ucci.com).

## CONUS: Getting Care With ADDP

- **CONUS locations:**
  - If you're assigned to a duty station that has a military dental clinic, they'll determine if you need to be referred for civilian dental care.
  - If you're remotely located, you:
    - Must use a United Concordia network dentist to receive ADDP-covered dental care.
    - Must have an Appointment Control Number (ACN) before getting nonemergency dental care.
      - You can schedule dental care after you get an ACN.
      - For specialty or other dental care, you need an authorization from your civilian dentist before scheduling care.
      - If you need emergency dental care, you don't need an authorization or ACN.
  - For a list of covered services and costs, visit [www.addp-ucci.com](http://www.addp-ucci.com).

- To be eligible for ADDP in a CONUS location, the ADSM must work and lives more than 50 miles from a military dental clinic in the ADDP CONUS service area.
- If you're in a CONUS location, you must use a United Concordia network dentist to receive ADDP-covered dental care. You can find a list of network dentists on the ADDP website.
  - If you can't locate a network dentist, call United Concordia at **1-866-984-2337**.
  - If you choose to use a non-network dentist without pre-approval, you'll be responsible for all costs related to your dental care.
- In CONUS locations, you must have an Appointment Control Number, or ACN, from United Concordia before getting nonemergency care.
  - You can get an ACN on the ADDP website at [www.addp-ucci.com](http://www.addp-ucci.com).
  - You can also call United Concordia at **1-866-984-2337**.
- You can coordinate routine dental care after you get an ACN.
- If you need specialty or other dental care, you need an authorization from your civilian dentist before scheduling your dental care.
- If you need emergency dental care, you don't need an authorization or ACN.
- For a list of covered services and costs, visit the ADDP website.
  - Not all dental procedures are covered under the ADDP. If you elect to receive non-covered services, you'll be responsible for payment.

**Note:** You must be eligible for the ADDP at the time you get dental care. If you aren't eligible, you'll be responsible for all costs related to the care you received under the ADDP.

- If you're referred by a military dentist, he or she should submit a referral to United Concordia. Once the referral is completed, your military dental clinic will decide who will make the appointment.

## OCONUS: Getting Care With ADDP

- **OCONUS locations:**

- If you're assigned to a duty station that has a military dental clinic, they'll provide your dental care. There is no civilian referral for dental care option.
- If you're remotely located, you:
  - Must be enrolled in TRICARE Prime Remote Overseas
  - Must have an Appointment Control Number (ACN) before getting nonemergency dental care
  - Should call United Concordia for assistance with finding a dentist, obtaining an ACN, and scheduling your appointment
- For specialty or other dental care, your civilian dentist will submit an authorization to request approval.
- If you need emergency dental care, you don't need an authorization or ACN.
- For a list of covered services and costs, visit [www.addp-ucci.com](http://www.addp-ucci.com).

- To be eligible for ADDP, you must be enrolled in TRICARE Prime Remote Overseas.

**Note:** Non-remote OCONUS ADSMs aren't eligible for the ADDP. They get their care from their assigned military dental clinic.

- With ADDP, you can see any dentist, but it's recommended that you contact United Concordia for assistance in making an appointment.
  - To find a dentist, call United Concordia at **1-844-653-4058**. You can find country-specific access codes at [www.addp-ucci.com](http://www.addp-ucci.com).
  - You can also find a list of TRICARE OCONUS Preferred Dentists on the ADDP website.
- In OCONUS locations, you must have an Appointment Control Number, or ACN, from United Concordia before getting nonemergency care.
  - You can get an ACN on the ADDP website at [www.addp-ucci.com](http://www.addp-ucci.com).
  - You can also call United Concordia at **1-844-653-4058**.
- You can coordinate routine dental care after you get an ACN. However, you should first call United Concordia.
  - United Concordia will verify your eligibility, give you an ACN, and coordinate all aspects of your care.
- If you need specialty or other dental care, you need an authorization from your civilian dentist before scheduling your dental care. If you need emergency dental care, you don't need an authorization or ACN.
- Specialty and other dental care includes all specialty care and any care that is \$750 (U.S. dollars) or more per procedure or appointment or exceeds \$1,500 (U.S. dollars) for treatment plans completed within a consecutive 12-month period.
- For a list of covered services and costs, visit the ADDP website. Not all dental procedures are covered under the ADDP. If you elect to receive non-covered services, you'll be responsible for payment.

**Note:** You must be eligible for the ADDP at the time you get dental care. If you aren't eligible, you'll be responsible for all costs related to the care you received under the ADDP.

**Note:** As of May 1, 2022, International SOS Government Services, Inc., no longer provides dental care services for ADSMs enrolled in TRICARE Prime Remote Overseas. Any claims for dental care received before May 1, 2022, should be submitted to the TRICARE Overseas Program claims processor. Any claims for dental care on or after May 1, 2022, should be submitted to United Concordia.

## 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 call:
  - 1-844-653-4061 (CONUS)
  - 1-844-653-4060 (OCONUS toll-free)



- If your family is enrolled in the TRICARE Dental Program, or TDP, it is **not** necessary to disenroll them when you move. The TDP is a worldwide program.
- When you arrive at your new duty station, you or your family members should notify the TDP plan administrator, United Concordia, of your new address and other contact information.
- You can find a TDP participating dentist by visiting the website or calling United Concordia.

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- **Optional Presenter Comment:** We'll now discuss other important information.

## 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

- TRICARE offers prescription drug coverage and many options for filling your prescriptions. Your options depend on the type of drug your provider prescribes. The TRICARE pharmacy benefit is administered by Express Scripts. To learn more, visit <https://militaryrx.express-scripts.com> or call **1-877-363-1303**.
- You have the same pharmacy coverage with any TRICARE program option. If you have USFHP, you have separate pharmacy coverage.
- To fill a prescription, you need a prescription and a valid uniformed services ID card or Common Access Card.
- This slide shows the options that may be available for filling your prescriptions:
  - Military pharmacies are usually inside military hospitals and clinics. Call your local military pharmacy to check if your drug is available. Visit [www.tricare.mil/militarypharmacy](http://www.tricare.mil/militarypharmacy) for more information.
  - The TRICARE Pharmacy Home Delivery option must be used for some drugs. You'll pay one copayment for each 90-day supply. For more information on switching to home delivery, visit <https://militaryrx.express-scripts.com> or call **1-877-363-1303**.
  - You may fill prescriptions at TRICARE retail network pharmacies without having to submit a claim. You'll pay one copayment for each 30-day supply. Visit [www.tricare.mil/networkpharmacy](http://www.tricare.mil/networkpharmacy) to find a TRICARE retail network pharmacy.
  - At non-network pharmacies, you pay the full price for your drug up front and file a claim to get a portion of your money back.
- Your pharmacy will most often fill your prescription with a generic drug. If you need a brand-name drug, your provider can send a request to Express Scripts.
- For more information and costs, visit [www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy).

# 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.

- The Affordable Care Act, or ACA, requires most Americans to maintain basic health care coverage, called minimum essential coverage. Most TRICARE programs meet the minimum essential coverage requirement under the ACA.
  - You'll get an *Internal Revenue Service Form 1095* from your pay center in January each year listing the coverage you had during the previous tax year. It will list your TRICARE coverage status for each month.
  - Each tax year, you'll get an *IRS Form 1095* from your pay center. It will list your TRICARE coverage status for each month.
    - If your military pay is administered by the Defense Finance and Accounting Service, or DFAS, you can opt in to get your tax forms electronically through your DFAS myPay account. For more information, visit <https://mypay.dfas.mil>.
    - For more information about the IRS tax forms, visit [www.irs.gov](http://www.irs.gov).
- Note:** The IRS will use information from DEERS to verify your coverage. It's important for sponsors to keep their information and their family members' information up to date in DEERS, including Social Security numbers. It's also important to update DEERS when personal eligibility information changes, including military career status and family status (for example, marriage, divorce, birth or adoption).
- If you're losing TRICARE or are not TRICARE-eligible, you can find other health care coverage options through the Health Insurance Marketplace at [www.healthcare.gov](http://www.healthcare.gov).
    - Premium assistance or state Medicaid coverage may be available based on income, family size, and the state you live in.
  - For more information, visit [www.tricare.mil/aca](http://www.tricare.mil/aca).

## **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

- **Optional Presenter Comment:** We'll now discuss your checklist.

## 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.

- The checklist shown here summarizes the key steps you need to take before a permanent change-of-station move.

**Note to Presenter:** It's recommended that you walk through this list with your audience to review the key action items.

# 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're enrolled in the TRICARE Dental Program, provide your new contact information to United Concordia.

- To maintain your TRICARE coverage, you must take these key steps during and after a permanent change-of-station move.

**Note to Presenter:** It's recommended that you walk through this list with your audience to review the key action items.

## Today's AGENDA

- What Is TRICARE?
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- **Optional Presenter Comment:** The next slide provides contact information that may be helpful to you for using your TRICARE benefit.

Looking for **More Information?** **GO TO [www.tricare.mil](http://www.tricare.mil)**

**Stateside Regional Contractors**

- TRICARE East Region  
Humana Military  
1-800-444-5445  
[HumanaMilitary.com](http://HumanaMilitary.com)  
[www.tricare-east.com](http://www.tricare-east.com)
- TRICARE West Region  
Health Net Federal Services, LLC  
1-844-866-WEST (1-844-866-9378)  
[www.tricare-west.com](http://www.tricare-west.com)

**Dental Contractor**

- TRICARE Active Duty Dental Program  
United Concordia Companies, Inc.  
1-866-984-2337 CONUS  
1-844-653-4058 OCONUS (using country-specific access codes)  
[www.addp-ucci.com](http://www.addp-ucci.com)
- TRICARE Dental Program  
United Concordia Companies, Inc.  
1-844-653-4061 CONUS  
1-844-653-4060 OCONUS  
[www.uccitdp.com](http://www.uccitdp.com)

**Overseas Regional Contractor**

- TRICARE Overseas Program (TOP)  
International SOS Government Services, Inc.  
[www.tricare-overseas.com/contact-us](http://www.tricare-overseas.com/contact-us)

**More Resources**

- TRICARE Website  
[www.tricare.mil](http://www.tricare.mil)



- Publications  
[www.tricare.mil/publications](http://www.tricare.mil/publications)
- milConnect  
<https://milconnect.dmdc.osd.mil>

- This slide shows contact information for stateside, dental, and overseas regional contractors, as well as other important information sources.
- Remember, your contractor point of contact is based on where you live.