

# Active Duty Family Members With Special Needs

## An Overview of Programs for Active Duty Family Members With Special Needs

*TRICARE is managed by the Defense Health Agency. DHA and TRICARE are registered trademarks of the Department of Defense, Defense Health Agency. All rights reserved.*



# Today's Agenda

- What Is TRICARE?
- Programs for Active Duty Family Members
- Exceptional Family Member Program
- Extended Care Health Option
- Autism Care Demonstration
- Other Important Information
- For Information and Assistance

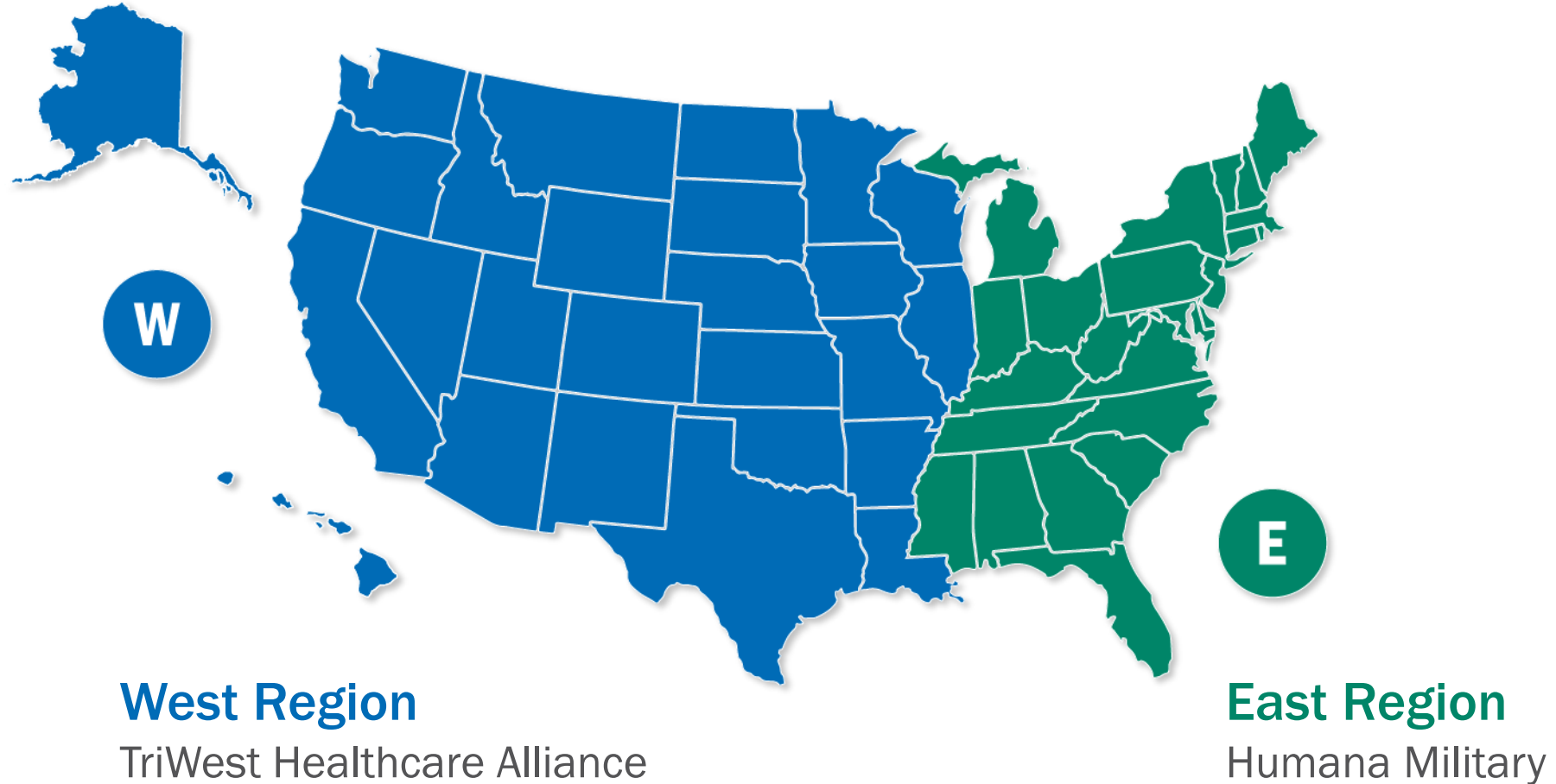
# What Is TRICARE?

# What Is TRICARE?



- TRICARE is the health care program for the U.S. Department of Defense. It consists of:
  - Direct care
  - Civilian care
- TRICARE® is the brand name for the U.S. Military Health System.

# TRICARE Stateside Regions



# TRICARE Overseas Program

## Latin America and Canada

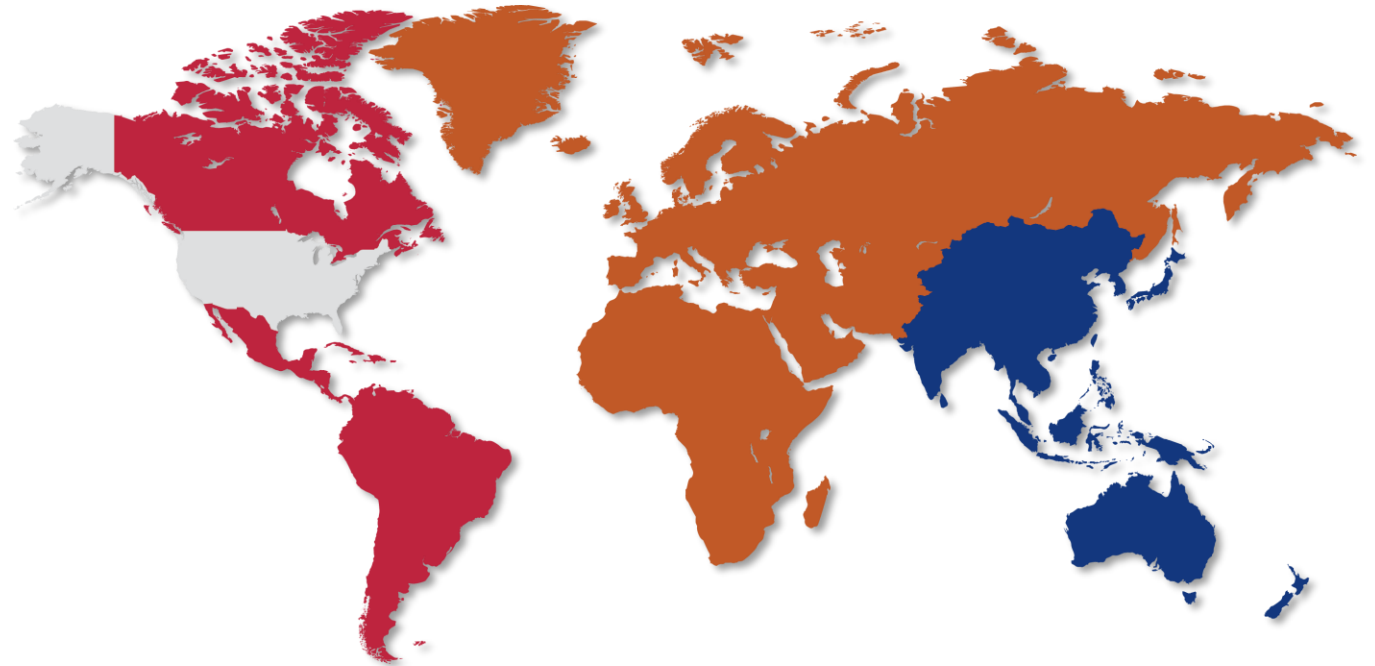
Canada, the Caribbean Basin, Central and South America, Puerto Rico, and the U.S. Virgin Islands

## Eurasia-Africa

Africa, Europe, and the Middle East

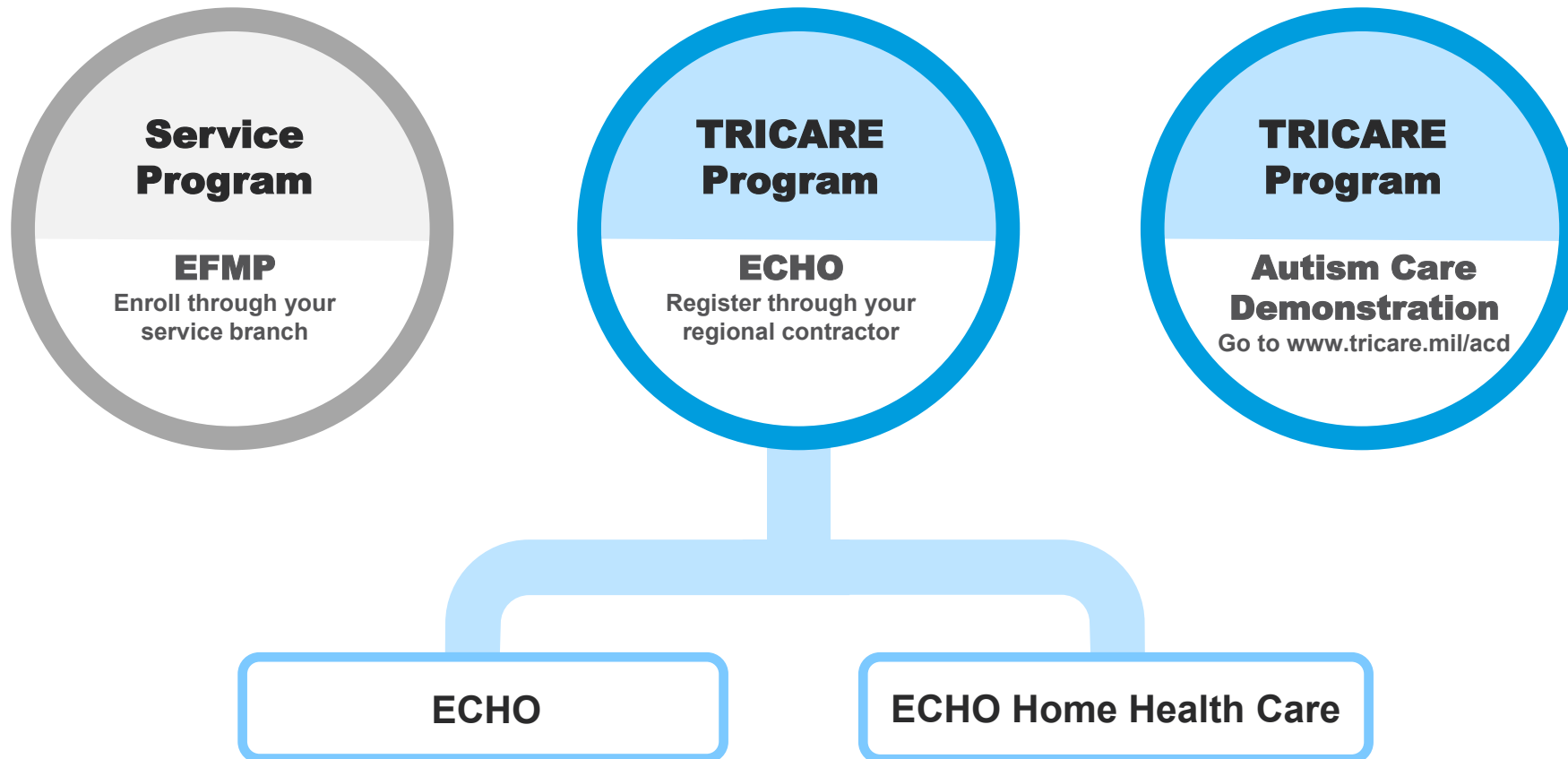
## Pacific

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



# **Programs for Active Duty Family Members**

# An Overview





# **Exceptional Family Member Program**

# What is EFMP?

- Considers your family member's needs during duty assignment
- Provides family support services
- Each service branch has its own EFMP enrollment process.
- For more information:
  - Go to [www.militaryonesource.mil/special-needs](http://www.militaryonesource.mil/special-needs).

## **Extended Care Health Option**

# ECHO Eligibility

- ECHO is available to the following beneficiaries with qualifying conditions:
  - ADFMs (including family members of certain National Guard and Reserve members called or ordered to active duty for more than 30 days for a federal preplanned mission or in support of a contingency operation)
  - Family members who qualify for continued coverage under the Transitional Assistance Management Program
  - Children or spouses of former service members who were victims of physical or emotional abuse
  - Transitional survivors

# ECHO Qualifying Conditions

- Conditions to qualify for ECHO coverage may include, but are not limited to:
  - Moderate or severe intellectual disability
  - Serious physical disability
  - Serious qualifying psychological conditions
  - A condition causing the beneficiary to be homebound
  - A diagnosis of a neuromuscular developmental condition in an infant or toddler
  - Multiple disabilities affecting separate body systems
  - Autism Spectrum Disorder

# ECHO Benefits

- ECHO provides benefits, such as:
  - Assistive services
  - Durable equipment
  - ECHO Home Health Care
  - Rehabilitative services
  - Respite care
  - Training to use special education and assistive technology devices
  - Institutional care
  - Medical transportation in certain circumstances
  - Diagnostic services
  - Treatment

# ECHO Registration

- To register for ECHO, provide your regional contractor with:
  - An ECHO registration form
  - Medical records
  - Evidence of enrollment in the EFMP (unless waived) or copies of both *DD Form 2792* and *DD Form 2792-1*
- Your regional contractor will update your Defense Enrollment Eligibility Reporting System record to reflect your ECHO eligibility.
- Eligible family members may be granted provisional ECHO coverage for up to 90 days while their registration is processed.
- ECHO benefits may be limited in some overseas locations.

# National Guard and Reserve Members

- The requirement for EFMP enrollment is waived for family members of National Guard and Reserve members called or ordered to active duty for more than 30 days for a federal preplanned mission or in support of a contingency operation.
- Your family member's provider should submit a referral to your regional contractor.
- Your ECHO registration will be accepted once your family member's qualifying condition is verified.



# ECHO Costs

| Sponsor Pay Grade           | Monthly Cost-Share |
|-----------------------------|--------------------|
| E-1 through E-5             | \$25               |
| E-6                         | \$30               |
| E-7 and O-1                 | \$35               |
| E-8 and O-2                 | \$40               |
| E-9, WO/WO-1, CWO-2 and O-3 | \$45               |
| CWO-3, CWO-4 and O-4        | \$50               |
| CWO-5 and O-5               | \$65               |
| O-6                         | \$75               |
| O-7                         | \$100              |
| O-8                         | \$150              |
| O-9                         | \$200              |
| O-10                        | \$250              |

- Monthly cost-share is one fee per sponsor, per month when ECHO services are used
- Benefit limit:
  - \$36,000/calendar year (Jan. 1–Dec. 31), excluding EHHC
  - Does not apply toward the yearly TRICARE catastrophic cap

# Public Funds and Facilities

- Use public funds and facilities first for services and items related to:
  - Training
  - Rehabilitation
  - Special education
  - Assistive technology devices
  - Institutional care in private, nonprofit, public and state institutions and facilities (may include transportation to and from)

# Getting Care

- Get pre-authorization
- Follow the rules of your TRICARE plan
- Use TRICARE-authorized providers
- Coordinate transfer of care before you move to ensure continued care.

# ECHO Home Health Care

- Skilled services for homebound beneficiaries:
  - Skilled nursing care
  - Physical therapy
  - Occupational therapy
  - Speech pathology
  - Medical social services
  - Technical and training activities
  - Medical supplies
  - Respite care for caregivers to sleep or rest at home (up to eight hours per day, five days per week)
- Required services specified by PCM or attending physician in a plan of care
- **Coverage cap:** maximum amount TRICARE would pay per fiscal year (Oct. 1–Sept. 30) if the beneficiary were in a skilled nursing facility

# ECHO Respite Care

- ECHO respite care provides short-term skilled and non-skilled care for ECHO beneficiaries while their caregiver is away.
- ECHO beneficiaries are eligible to get up to 16 hours as part of the ECHO-authorized benefit.
- ECHO respite care is not available to beneficiaries using EHC or EHC respite care.
- To request ECHO respite care, contact your regional contractor.

# **Autism Care Demonstration**

# Beneficiaries with Autism Spectrum Disorder

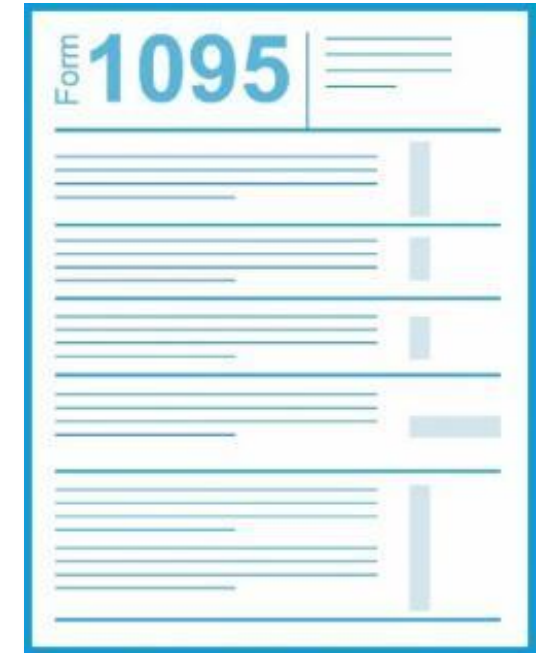
- TRICARE covers ABA under the Autism Care Demonstration.
- ABA services are covered for all beneficiaries diagnosed with ASD. There are no age limits.
- To qualify for ABA services:
  - Have an ASD diagnosis
  - Enroll in EFMP (unless waived)
  - Register in ECHO (including provisional status)
- Cost-shares, deductibles, and enrollment fees are based on your TRICARE plan
- For more information, visit [www.tricare.mil/acd](http://www.tricare.mil/acd).

## **Other Important Information**



# The Affordable Care Act

- TRICARE meets the minimum essential coverage requirement under the Affordable Care Act.
- Each tax year, you'll get an IRS Form 1095 from your pay center. It will list your TRICARE coverage for each month.
- Your Social Security number and the Social Security number of each of your covered family members should be included in DEERS for your TRICARE coverage to be reflected accurately.

A graphic of an IRS Form 1095, titled "Form 1095" in large blue text. The form is a standard IRS document with multiple sections and lines for text entry, including a header section, a section for the taxpayer's name and address, and a section for the employer's name and address. The form is shown in a simplified, schematic manner with light blue lines and text.

**For Information and Assistance**

# More Information

## Regional Contractors

- TRICARE East Region  
Humana Military  
800-444-5445  
[www.tricare.mil/east](http://www.tricare.mil/east)
- TRICARE West Region  
TriWest Healthcare Alliance  
888-TRIWEST (888-874-9378)  
[www.tricare.mil/west](http://www.tricare.mil/west)
- TRICARE Overseas Program  
International SOS Government Services, LLC  
Find toll-free contact information at  
[www.tricare-overseas.com/contact-us](http://www.tricare-overseas.com/contact-us).

## Resources

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



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