

TRICARE BENEFICIARY BULLETIN – AUGUST 26, 2010 – 536

WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M AUSTIN CAMACHO. (:10)

FIRST UP: LORRAINE CWIEKA REPORTS ON THE LAUNCH OF THE FIRST TRICARE STANDARD E-NEWSLETTER

A NEW E-NEWSLETTER AIMED AT TRICARE STANDARD BENEFICIARIES IS AVAILABLE ONLINE NOW AT THE TRICARE WEBSITE. IT SUPPLEMENTS THE PRINTED STANDARD NEWSLETTER MAILED EVERY FEBRUARY TO ALL STANDARD BENEFICIARIES. THE E-NEWSLETTER CAN BE FOUND AT TRICARE.MIL/TRICARESMART.

PACKED WITH INFORMATION ABOUT FINDING A PROVIDER,

IMMUNIZATIONS, PREVENTIVE HEALTH SCREENINGS, BACK-TO-SCHOOL PHYSICALS AND MORE, THE STANDARD E-NEWSLETTER HELPS BENEFICIARIES GET THE MOST OUT OF THE FLEXIBLE TRICARE STANDARD AND EXTRA HEALTHCARE PLAN OPTIONS.

TRICARE STANDARD AND EXTRA ARE USED BY OVER TWO MILLION NON-ACTIVE DUTY BENEFICIARIES – SUCH AS FAMILY MEMBERS, MILITARY RETIREES UNDER AGE 65 AND THOSE COVERED BY THE TRICARE RESERVE SELECT PLAN.

BENEFICIARIES WHO USE STANDARD AND EXTRA MAY VISIT ANY TRICARE-AUTHORIZED PROVIDER, NETWORK OR NON-NETWORK WITHOUT A REFERRAL. THE MAIN DIFFERENCE BETWEEN STANDARD AND EXTRA ARE THAT BENEFICIARIES SAVE “EXTRA” ON THEIR OUT-OF-POCKET COSTS BY ONLY SEEING NETWORK PROVIDERS.

FOR MORE INFORMATION ON TRICARE STANDARD OR EXTRA GO TO TRICARE.MIL AND ANSWER THREE EASY QUESTIONS TO GET CONNECTED TO INFORMATION TAILORED SPECIFICALLY TO THE USER. TO SIGN UP FOR FUTURE NEWSLETTERS AND OTHER

TRICARE BENEFIT INFORMATION BY E-MAIL GO TO
TRICARE.MIL/SUBSCRIPTIONS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

THE DAYS ARE TICKING DOWN TO THE SEPTEMBER 1ST START
OF THE NEW TRICARE OVERSEAS PROGRAM CONTRACT.

TRICARE BENEFICIARIES STATIONED OVERSEAS WHO WANT TO
KEEP UP WITH THE LATEST INFORMATION ABOUT THEIR
HEALTH CARE BENEFITS NEED TO UPDATE THEIR FAMILY'S
DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM OR
DEERS RECORDS AS SOON AS POSSIBLE.

TO MAKE SURE THIS INFORMATION FINDS ITS WAY INTO THE
RIGHT MAILBOXES – BOTH REAL AND VIRTUAL – BENEFICIARIES
CAN UPDATE THEIR DEERS RECORDS IN SEVERAL WAYS. THE
OPTIONS INCLUDE DOING IT IN PERSON AT A MILITARY ID CARD

ISSUING FACILITY, ONLINE AND BY PHONE, FAX OR MAIL.

FOR MORE INFORMATION ABOUT DEERS, GO TO
TRICARE.MIL/DEERS. LEARN MORE ABOUT THE TRICARE
OVERSEAS PROGRAM GO TO TRICARE.MIL/TOPCONTRACT.

OVERSEAS BENEFICIARIES WHO'D LIKE TO KEEP UP WITH
TRICARE BENEFIT INFORMATION VIA E-MAIL CAN SIGN UP FOR
UPDATES AT TRICARE.MIL/SUBSCRIPTIONS.

FINALLY: THE TRANSITION TO TRICARE FOR LIFE SHOULD BE
SMOOTH, AS ANNEMARIE FELICIO REPORTS.

IF YOU BECOME ELIGIBLE FOR MEDICARE AT AGE 65 OR
BECAUSE OF DISABILITY OR END STAGE RENAL DISEASE, YOUR
TRICARE COVERAGE WILL CHANGE. WHEN YOU ARE ELIGIBLE
FOR TRICARE AND HAVE MEDICARE PARTS A AND B, YOU ARE
COVERED BY TRICARE FOR LIFE, OR TFL.

TFL PAYS AFTER MEDICARE PAYS FOR ALL SERVICES COVERED BY BOTH MEDICARE AND TRICARE. THERE'S NO ENROLLMENT FOR TFL, BUT THERE ARE STEPS TO FOLLOW TO MAKE SURE YOU REMAIN TRICARE ELIGIBLE.

FIRST, ENROLL IN MEDICARE PART B. FOR MORE INFORMATION ABOUT FILING FOR MEDICARE VISIT THE SOCIAL SECURITY ADMINISTRATION AT WWW.SSA.GOV.

ONCE YOU HAVE MEDICARE A AND B, VERIFY THAT YOUR RECORD IN DEERS HAS BEEN UPDATED. IF YOU HAVE MEDICARE PART A, YOU MUST ALSO HAVE MEDICARE PART B TO REMAIN ELIGIBLE FOR TRICARE. KEEPING YOUR DEERS INFORMATION CURRENT, EVEN AFTER YOUR TURN 65, IS KEY TO ENSURING EFFECTIVE, TIMELY DELIVERY OF YOUR TRICARE BENEFITS.

THERE ARE A FEW EXCEPTIONS TO THIS RULE, SUCH AS WHEN YOU HAVE A SPONSOR ON ACTIVE DUTY, YOU ARE ENROLLED IN THE US FAMILY HEALTH PLAN, OR IF YOU ARE A NATIONAL

GUARD OR RESERVE MEMBER OR FAMILY MEMBER IN TRICARE
RESERVE SELECT.

VISIT WWW.TRICARE4U.COM TO LEARN MORE ABOUT TRICARE
FOR LIFE.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE
FELICIO.

AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL
HAVE MORE NEWS YOU CAN USE NEXT WEEK. (:03)

TAIL MUSIC (:03)