



In Case You Missed it

TRICARE® West Region e-Updates

July 2023

- 1. Steps to take during permanent change of station (PCS).** Summer is a transitional time for many military families with PCS orders. If you've moved this summer, or have plans to, [follow these steps](#) to ensure a smooth transition to your new area. Once you are at your new location, don't forget to update your information in the [Defense Enrollment Eligibility Reporting System](#) so your TRICARE coverage remains unaffected. Moving is a qualifying life event, which gives you and your family 90 days to make changes to your TRICARE plan.
- 2. Don't forget about TRICARE's Childbirth and Breastfeeding Support Demonstration.** TRICARE covers certain services by certified labor doulas, lactation counselors and lactation consultants as part of its [Childbirth and Breastfeeding Support Demonstration \(CBSD\)](#). Locate doulas, lactation counselors and lactation consultants in our [CBSD-specific directory](#).
- 3. Learn how TRICARE covers young adults.** Do you have a [child who just recently graduated from high school or college](#)? You may wonder how this affects their TRICARE eligibility. Adult children can continue to be covered by TRICARE until at least age 21, and college students can stay in their existing TRICARE plan until they graduate or turn age 23 (certain guidelines apply). For young adults who have aged out or graduated from college but do not qualify for regular TRICARE, the TRICARE Young Adult program may be a good option.
- 4. Keep your other health insurance (OHI) up to date.** It's important to keep your OHI information with us up to date so your health care claims are processed accurately. You can easily update your [OHI online](#) (log in required) or by submitting a [TRICARE Other Health Insurance Questionnaire](#). Check out our [OHI web page](#) for more information on how your OHI works with TRICARE.
- 5. Explore your telehealth care options.** We know that having telehealth options is important; especially for those in remote areas or for those who don't want to go to an in-person office visit. From preventive care visits to mental health care to urgent care, you can find providers to connect with from the comfort of home. View our [Telehealth Options](#) page to get started.
- 6. Use self-service tools to get information you need.** Our [online self-service tools](#) allow you to conduct TRICARE transactions at any time. Access the provider directory, view authorization and referral letters, check claim status, set up enrollment payments, and more (secure tools require you to log in). Don't forget to sign up to receive text or email alerts that notify you of something in your secure inbox. You can also use our automated phone system at 1-844-866-WEST to check eligibility, get authorization status and more.
- 7. Keep your preventive health care on track.** [Staying up to date on your preventive health care](#) doesn't just help prevent disease. It can improve your overall quality of life. Preventive care involves health screenings not directly related to a specific illness or injury. Your primary care provider is responsible for most of your preventive care. If enrolled in a TRICARE Prime plan, you don't need a referral if you see a TRICARE network provider. (Active duty service members must have pre-authorization to see a civilian provider.)
- 8. Understanding post-traumatic stress disorder (PTSD).** PTSD is commonly associated with combat-related trauma, but can also be due to car accidents, mass shootings, and natural disasters. PTSD triggers can vary from person to person and can occur even if you weren't directly exposed to a trauma. [Symptoms of PTSD](#) include reliving the event, avoiding situations that remind you of the trauma, negative thoughts or feelings, and feeling "keyed up." [The Military Health System offers many resources](#) to help service members, families and veterans.
- 9. Beat the summer sun.** Summer is here, but are you protecting your skin? The National Cancer Institute reports skin cancer as the most common of all cancers, yet it is also one of the most curable and preventable forms of cancer. Do your best to [stay safe in the sun](#). Visit our [Cancer Prevention Health Topics](#) section for resources on skin and other cancers. Learn more ways to take good care of your health with our [Take Charge of Your Health](#) online program.
- 10. Distracted from your health goals?** Whether you want to manage stress, eat healthier, exercise more, sleep better, stop smoking, or improve health in anyway, the skills you'll learn in our [Making Healthy Changes for Life](#) webinar can help you get focused and succeed with making and maintaining a healthy change. Register for our next webinar on August 23 at 5 p.m. PDT. If classes aren't for you, try our [Assessing Your Readiness for Healthy Change](#) online program to determine your readiness for change and how to move forward.



An exploration of the many benefits available to you through your TRICARE health plan.

July's topic:

Breast Cancer – An Early Diagnosis Can Give You the Gift of Time