



In Case You Missed it

TRICARE® West Region e-Updates

October 2023

- 1. TRICARE Open Season is just around the corner.** Get ready for this year's TRICARE Open Season. If you have not already done so, now is the time to review your and your family member's current health plans and decide what options may be best for you and your family. Remember, TRICARE Open Season is the only time you can enroll in or change your TRICARE Prime or TRICARE Select health plan for next year, outside of a qualifying event. This year's TRICARE Open Season runs from Nov. 13 through Dec. 12, 2023. For more information, visit [TRICARE's Open Season page](#). You can also attend TRICARE's "[Choosing Between TRICARE Prime & TRICARE Select](#)" webinar on Oct. 26 to learn more about your options.
- 2. Consider getting an updated COVID-19 vaccine.** The virus that causes COVID-19 is always changing and protection from past COVID-19 vaccines declines over time. If you have not already done so, now is the time to [get an updated COVID-19 vaccine](#). Updated vaccines are available to those six months and older. And don't forget! The COVID-19 vaccine does not protect you against the flu. Be sure to get your flu shot as well so you're better protected from both COVID-19 and the flu.
- 3. Find the 2024 rates for premium-based plans.** Each calendar year, rates for TRICARE Reserve Select, TRICARE Retired Reserve and TRICARE Young Adult are subject to change. You can find 2024 rates on our [plan pages](#) and soon at www.tricare.mil/costs.
- 4. Let us know if you have other health insurance (OHI).** [TRICARE and OHI can work together](#) to cover your health care services. It's important to keep your OHI up to date so your health care claims are processed accurately. You can easily update your OHI online at any time, or by submitting a [TRICARE Other Health Insurance Questionnaire](#). Losing or gaining OHI is also considered a qualifying life event and opens up a 90-day window for you to make TRICARE plan changes.
- 5. Will you soon be eligible for Medicare?** You may have questions about how your TRICARE benefit is affected. [TRICARE For Life \(TFL\) is an option for military retirees and their eligible family members](#) who have Medicare Part A and Part B. TFL only covers the person with Medicare, while family members who aren't eligible for Medicare can stay in their current TRICARE health plan. TFL has no annual enrollment fee, but the fee for family members enrolled in TRICARE Prime or Select may change.
- 6. Learn more about the point-of-service option to avoid unexpected costs.** TRICARE's point-of-service option allows those enrolled in a TRICARE Prime plan to receive care from any TRICARE-authorized provider without a referral when normally required. [While the POS option is available, it does come with higher out-of-pocket costs](#). Please note, this option is not available for active duty service members (ADSM). ADSMs who do not coordinate care through their PCM may be responsible for the entire cost of care.
- 7. Skip the car ride. You have telehealth options.** Virtual health care is a convenient way to keep your health care on track, especially during cold and flu season when you may not feel comfortable going into a doctor's office. Visit our [Telehealth Options](#) web page to find providers who offer telehealth care services. **New!** TRICARE West Region beneficiaries now can access speech therapy through [Great Speech](#), a virtual speech therapy solution. TRICARE referral requirements for telehealth are the same as with in-person care.
- 8. Don't forget about self-service tools to access your TRICARE information.** 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.
- 9. October is Breast Cancer Awareness Month.** This month is all about [spreading awareness](#) and encouraging women to get screened, if appropriate. Routine screening mammograms can detect cancer at an early stage. And with more treatment options available today, major surgery is less likely with a breast cancer diagnosis. TRICARE covers one screening mammogram annually beginning at age 40, or age 30 if high risk. Talk with your doctor to learn about your options.
- 10. Take the first step toward quitting tobacco.** Listen to our recorded class, [Preparing to Quit Tobacco](#) for information on quitting. Or work at your own pace to create a quit plan with our [Time to Quit](#) online tobacco cessation program. If making a healthy change and sticking with it is challenging for you, consider learning skills for change in our Nov. 15 [Making Healthy Changes for Life](#) webinar.



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

Protect yourself from the triple threat of flu, RSV and COVID-19