



In Case You Missed it

TRICARE® West Region e-Updates

April 2021

- 1. Is it your turn? The latest COVID-19 vaccine information.** There is now a third vaccine authorized in the U.S. to help prevent COVID-19. While vaccine eligibility is still being rolled out in phases, having a third option is a great step forward. [Read more](#) about when, where and how you can get your vaccine.
- 2. Improvements to the Autism Care Demonstration (ACD).** Those with a diagnosis of autism spectrum disorder will soon have [greater access to health care services and resources](#). Under the new ACD, parents with children on the spectrum will experience additional support and more involvement in the care of his or her child. Stay tuned for more information!
- 3. Held off getting health care? Now's the time to get back on track.** The challenges of this past year have caused many people to delay getting routine medical care. It's important to get caught up on recommended preventive care screenings and medical visits that can help keep chronic health conditions under control. Learn more about covered benefits on TRICARE's [Is It Covered](#) page. And if you are looking for a new doctor, visit our [Network Directory](#), which includes telehealth options.
- 4. Using HNFS' automated phone system.** Health Net Federal Services, LLC (HNFS) offers a variety of self-service tools so you can easily access your TRICARE information. While many of these tools are online, don't forget you can also use our automated self-service telephone system at any time, 24/7. Need to check your eligibility, make an enrollment payment or review your authorization/ referral status? Simply [contact us](#) to get started.
- 5. Save lives by donating blood.** Did you know both blood and COVID-19 convalescent plasma from those who have recovered from COVID-19 remain in high demand? [While there is a need for all blood types](#), the universal donor, O-negative, is always in a little more demand. If you are able, consider helping to save a life by donating blood.
- 6. Understanding qualifying life events (QLE).** During TRICARE's annual Open Season, you can make changes or enroll in a TRICARE health plan. Outside Open Season, changes can only be made following a QLE. A QLE is a certain change in life such as marriage, birth of a child or change in military status. [Following a QLE](#), you have 90 days to make eligible changes.
- 7. Attend a TRICARE webinar briefing online.** If you're looking to expand your TRICARE knowledge, HNFS has got you covered. We offer beneficiary briefings via webinar on a variety of TRICARE topics, presented by our experienced TRICARE staff. View the current schedule at www.tricare-west.com/go/webinars. Additionally, we have pre-recorded briefings you can watch any time.
- 8. MHS Nurse Advice Line.** Having the right resources available is key to staying healthy. Whether you have questions about a sick child, are traveling and need advice, or are simply looking for the nearest urgent care or emergency facility, the [MHS Nurse Advice Line](#) can help. Nurses are available via phone, web chat or video chat. As always, if you or your loved ones need immediate assistance, call 911 or go to the nearest emergency room.
- 9. Unexpected events in life. Are you prepared?** It's never too early to think and talk about life care planning. An advance care directive can ensure your desires for medical treatment are met in the event you aren't able to speak for yourself. Be proactive with your self-care and visit our [Life Care Planning](#) page for information and tools to get you started. Learn more about self-care with our [Take Charge of Your Health](#) online program.
- 10. Recorded health and wellness classes available to you.** Convenient, easy to access recorded health classes are available now in our [Learning Center](#). Topics include our new Coping with Financial Stress class, as well as stress management, anxiety, depression, diabetes management, heart healthy living, and quitting tobacco. You can also find self-paced online programs on topics like behavior change skills, taking care of your health, asthma management, developing a tobacco quit plan, and weight management.



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

April's topic:
Now's the time for your COVID-19 vaccine