



In Case You Missed it

TRICARE® West Region e-Updates

August 2022

- 1. Let us know if you have other health insurance (OHI).** 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 at any time 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.
- 2. Get virtual care from the comfort of home.** In today's world, we know access to virtual health care appointments is important. In the TRICARE West Region, you have options to get the care you need right from home. You can search for providers who offer telemedicine in our network provider directory, or you can connect with one of our telehealth partners. Visit our [Network Provider Directory page](#) to get started. Referral requirements for telehealth are the same as those for in-person visits.
- 3. Keep up with the latest COVID-19 guidelines.** The Centers for Disease Control and Prevention remains a great resource for [COVID-19 guidelines and recommendations](#). Review travel guidelines, who can get a vaccine or booster, tips to stay healthy, and more. Remember, getting vaccinated is still the best defense in preventing COVID-19.
- 4. TRICARE's abortion benefit remains unchanged by Supreme Court Decision.** Following the Supreme Court's recent decision in *Dobbs v. Jackson Women's Health Organization*, you may have questions about [what the ruling means for TRICARE](#). The Supreme Court's decision does not prohibit TRICARE from continuing to cover abortion services in accordance with federal law, and the [TRICARE benefit](#) remains unchanged. [Travel policies](#) related to health care also remain.
- 5. Attend an online webinar to learn more about TRICARE.** Are you new to TRICARE or would you like to expand your TRICARE knowledge? We've got you covered. Health Net Federal Services, LLC (HNFS) offers beneficiary briefings via webinar on a variety of TRICARE topics, presented by our experienced staff. View the current schedule at www.tricare-west.com/go/webinars. Additionally, we have pre-recorded briefings you can watch any time.
- 6. Save time by using self-service tools.** We offer online self-service tools so you can easily conduct TRICARE transactions at any time. [Go online](#) to access the network provider directory, view authorization and referral letters, check claim status, set up enrollment payments, and more (some tools require you to log in). You can also use our automated phone system at 1-844-866-WEST to check eligibility, get authorization status and more.
- 7. Stay on track with back-to-school health care.** Do you have a child going back to school soon? As you begin shopping for school supplies and setting up school-year routines, don't forget to schedule a beginning of the year [health exam for your child](#) so they can start school on the right track.
- 8. Have you checked the Defense Enrollment Eligibility Reporting System (DEERS) lately?** If you've recently moved, gotten married, had a baby, or experienced any other type of qualifying life event, it's [important to keep DEERS up to date](#). Take a moment to review your and your family's information. Incorrect information can cause issues with TRICARE claims and other health care benefits.
- 9. Are you distracted from your health goals?** Our [Making Healthy Changes for Life](#) teleclass teaches you the skills needed to make and maintain changes in your life. Register today for our Sept. 15 webinar. Looking for education on a specific health topic? Visit our [Learning Center](#) for more information.
- 10. Check out HNFS resources for your mental health.** Visit our [Learning Center](#) for recorded classes on anxiety, depression and stress management. Our [Health Topics](#) section has web links to additional resources on these issues. One-on-one coaching is also available for anxiety and depression. Visit our [FAQ page](#) for information and to nominate yourself.



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

August's topic:
An Exploration into the World of Immunizations