



In Case You Missed it

TRICARE® West Region e-Updates

December 2021

- 1. Don't miss your chance to enroll in or change your TRICARE plan.** If you have not already done so, now is the time to review your and your family member's current health plans, consider your needs for 2022, and learn about your coverage choices. There are only a few days left; **Open Season ends on Dec. 13, 2021**. Don't forget, outside of Open Season, you can only make changes to TRICARE Prime or Select plans following a qualifying life event.
- 2. Review your TRICARE plan costs for 2022.** On Jan. 1, 2022, **costs and fees are changing** for most TRICARE health plans. Changes reflect decisions made by Congress, cost-of-living adjustments, changes to the cost of health care services and drugs, and more. Plan ahead by reviewing your 2022 health care plan costs now.
- 3. COVID-19 vaccines encouraged for children ages 5 and older.** The Centers for Disease Control and Prevention (CDC) now recommends COVID-19 vaccination for all children ages 5 and older. While COVID-19 symptoms tend to be less severe in children, being fully vaccinated can help them avoid serious illness and long-term complications. Currently, only the Pfizer-BioNTech vaccine is available for young children. Talk with your child's health care provider and **learn more** about the benefits associated with being vaccinated.
- 4. Stay healthy with a flu vaccine.** Did you know the COVID-19 vaccine does not protect against the flu? Last winter, flu activity was low because of public health and social distancing guidelines aimed to stop the spread of COVID-19, which also reduced the risk of catching the flu. This year, as more people come together, it's important to be vaccinated against COVID-19 and the flu. You can even get both vaccines at the same time. Keep your and your family's health protected this winter. TRICARE covers the **flu vaccine as a preventive service benefit**.
- 5. Take advantage of virtual health care options.** Not ready for an in-person visit? Through telemedicine, you can see health care professionals from the comfort of home. To get started, use the telemedicine filter in our network directory or connect with one of our telehealth partners. In addition to **Doctor on Demand** and **Telemynd**, Health Net Federal Services, LLC partners with **PsychConnect** and **HealthLinkNow** (services offered vary by state; visit our **provider directory** for more information).
- 6. Check out what's new with the Autism Care Demonstration (ACD).** TRICARE introduced changes to the ACD in phases earlier this year. The latest improvement to the program includes an **autism service navigator (ASN)** assigned to every ACD participant who entered the program on or after Oct. 1, 2021. ASNs will be the primary point of contact for your family and are able to coordinate medical and non-medical care and services. Your ASN will reach out to you once you've received approval to be part of the ACD program.
- 7. Attend a live webinar to learn more about TRICARE.** Our experienced TRICARE staff offer live, monthly webinars to help you gain a better understanding of the TRICARE benefit. From basic TRICARE information to in-depth topics, there is something for everyone. Don't forget to complete an **attendance form** if you are attending a webinar for credit. We will forward attendance forms to your unit upon completion. View our **current schedule** online today!
- 8. Take advantage of self-service options.** We offer a suite of online tools at **www.tricare-west.com** that allow you to conduct your TRICARE business 24/7. Access the provider directory, check eligibility, view authorization and referral letters, check claim status, set up enrollment payments, and more. Some tools require you to log in. We also have self-service options through our automated phone system at 1-844-866-WEST.
- 9. Got stress?** The holidays can be an extremely busy time of year, and it's easy to get caught up in the hustle and bustle of the season. To help you combat stress and enjoy this holiday season, listen to our recorded class on stress management. Visit our **Learning Center** for classes on mental health, health conditions and living a healthy lifestyle.
- 10. Smoking and diabetes don't mix!** According to the Centers for Disease Control and Prevention, people with diabetes who smoke are more likely to have heart or kidney disease, poor blood flow in the legs and feet that can lead to infections, ulcers and amputation, blindness, and more. If you need help quitting, try our **Time to Quit** online program that helps you build your own quit plan. If you need a refresher on diabetes self-care, our **Essentials of Diabetes Management** recorded class is available.