



# In Case You Missed it

## TRICARE® West Region e-Updates

December 2022

1. **Only a few more days left for TRICARE Open Season.** If you have not already done so, now is the time to review your own and your family members' current health plans and decide what options are best for you and your family. Don't forget, outside of a qualifying life event, TRICARE Open Season is the only time you can enroll in or change your health plan for next year. Dec. 13 is the last day you can make health plan changes. For more information, visit [TRICARE's Open Season page](#).
2. **Review your TRICARE plan costs for 2023.** Starting Jan. 1, 2023, you may see changes to your out-of-pocket costs depending on your TRICARE health plan. Annual cost and fee 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 2023 health care plan costs](#) now.
3. **Use our Authorization Status tool to view/print determination letters.** Health Net Federal Services, LLC (HNFS) makes it easy for you to check the status of referrals and pre-authorizations. In just a few steps, you can see the status, approved dates of service, the provider office you are approved to receive care from, and more. You can even print determination letters for your records. View our [quick reference guide](#) for step-by-step instructions.
4. **You have access to telemental health care options.** Mental health impacts how you handle stress, relate to others, and make healthy choices. And, [as the Mayo Clinic reports](#), the holiday season may bring additional stress and worrying. Access to virtual mental health care is a convenient way to seek help without having to leave your home, especially during the busy holiday season. Connect with one of our [telemental health care partners](#) to get started. Referral requirements are the same as those for in-person visits.
5. **Review your information in the Defense Enrollment Eligibility Reporting System (DEERS).** [Maintaining accurate information in DEERS is important](#) to ensure you can access your TRICARE benefit when you need it. Inaccurate information can cause delays in claims processing, referral and authorization determinations and getting your prescriptions. Check your DEERS account today.
6. **Attend a live webinar to learn more about TRICARE.** Our experienced TRICARE educators 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. Check out our [current schedule](#).
7. **Use self-service tools to save time.** 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). You can also use our automated phone system at 1-844-866-WEST to check eligibility, get authorization status and more.
8. **Take advantage of free TRICARE publications.** Did you know TRICARE offers brochures on various topics? These brief overviews provide information you may need about your TRICARE benefit. Check out [TRICARE's online suite of materials](#).
9. **Stay on track during the holidays!** With yummy foods and treats around, and extra busy schedules, it's easy to gain a few pounds at the end of the year. Take care of yourself and your waistline this holiday season by trying one of our online programs to keep you on track! Our [Basics for Reaching a Healthy Weight](#) program provides information on weight control, healthy eating and exercise, and our [Healthy Weighs for Life](#) program focuses on skills for weight loss, healthy eating, meal planning, designing a fitness program, and more.
10. **Be safe this cold and flu season.** The [Centers for Disease Control and Prevention](#) expects the combination of the flu, COVID-19 and respiratory syncytial virus (RSV), all of which are highly contagious, to strain our health care system this fall and winter. As people begin to travel and gather for holiday fun, it's important to protect yourself and your family members as much as you can. Wear a mask, get flu shots, get COVID-19 boosters, practice social distancing, gather outdoors, and stay home if you aren't well.



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

**December's topic:**

**The Season of Respiratory Illness**