



In Case You Missed it

TRICARE® West Region e-Updates

January 2022

- 1. Review your plan costs for 2022.** On Jan. 1, 2022, some out-of-pocket costs for TRICARE plans changed. You can find current copayments, cost-shares and enrollment fees using TRICARE's cost comparison tool at www.tricare.mil/costs.
- 2. Need to make a plan change in 2022?** With TRICARE Open Season over, you will need a qualifying life event, such as moving, getting married or having a baby, to make TRICARE Prime or TRICARE Select plan changes. Learn about enrollment options at www.tricare.mil/lifevents.
- 3. Discover your COVID-19 vaccine eligibility.** The Centers for Disease Control and Prevention (CDC) and the Department of Defense continue to recommend **COVID-19 vaccines** for those 5 years and older. Booster recommendations vary based on age, medical history and vaccine type. Visit the CDC's **Vaccine Booster** page for current guidelines. Keep yourself and your family healthy by getting vaccinated today!
- 4. Don't forget about your flu vaccine.** Did you know? The single best way to prevent the seasonal flu is to get vaccinated every year. Keep in mind, the COVID-19 vaccine does not prevent you from getting the flu, and you can even get your COVID-19 and flu vaccine at the same time. Visit www.tricare.mil/flu to learn more about vaccine coverage.
- 5. Telehealth options are just a click away.** 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 the comfort of your home. Start by using the telemedicine filter in our network directory. Or connect with one of our telehealth partners, such as Doctor on Demand and Telemynd. Visit our [network directory page to get started](#).
- 6. You now have a new way to search our Autism Care Demonstration network.** Our **Autism Care Demonstration Provider Directory** allows you to easily find providers who can diagnose autism spectrum disorder (ASD) and who can treat those diagnosed with ASD. Search options also include respite care and parent-mediated training programs.
- 7. Understanding TRICARE's Childbirth and Breastfeeding Support Demonstration.** As of Jan. 1, 2022, TRICARE will cover certain services by certified labor doulas, lactation consultants and lactation counselors as part of its five-year Childbirth and Breastfeeding Support Demonstration. Find benefit and eligibility details at www.tricare.mil/specialprograms. *Help spread the word!* Send providers who may be interested in participating in the demonstration to www.tricare-west.com or have them contact us for more information.
- 8. Keep your information in the Defense Enrollment Eligibility Reporting System (DEERS) up to date.** Start the year off right by taking a moment to [review your and your family's information in DEERS](#). Incorrect information can cause issues with TRICARE claims and other health care benefits. Also, don't forget to update DEERS following a qualifying life event, as this may change your TRICARE health plan options.
- 9. Now is the time to quit for good.** Is 2022 the year you quit smoking? We have resources that can help! Work at your own pace to create a quit plan with our [Time to Quit](#) online tobacco cessation program, or listen to our recorded class, [Preparing to Quit Tobacco](#), for help with quitting.
- 10. A new year means a new you.** Whether you resolve to lose weight or just eat healthier this year, we have resources that can help! Our [Basics for Reaching a Healthy Weight](#) program provides information on weight control, healthy eating and exercise. Or check out our [Healthy Weighs for Life](#) program, which focuses on skills for weight loss, healthy eating, meal planning, designing a fitness program, and more.



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

**January's topic:
Healthy Changes in
the New Year**