



In Case You Missed it

TRICARE® West Region e-Updates

January 2024

- 1. Take time to review your TRICARE plan costs for 2024.** As of Jan. 1, 2024, some out-of-pocket costs have changed. Find current copayments, cost-shares and enrollment fees by using TRICARE's cost comparison tool at www.tricare.mil/costs.
- 2. Looking to change your primary care manager?** Having the right provider is critical to your overall health and well-being. If you are searching for a new provider, you may see terms such as "TRICARE-authorized provider," "network provider" or "non-network" provider. To avoid higher out-of-pocket costs and other surprises, it's **important to know the difference**. Don't forget, we make it easy to find providers using our [online provider directory](#). Primary care manager **changes can be made** at any time.
- 3. You have telehealth care options.** Virtual health care is a convenient way to keep your health care on track. Visit our [Telehealth Options](#) web page to find providers who offer virtual urgent care, mental health care, diabetes assistance, speech therapy, and more. TRICARE referral requirements for telehealth are the same as with in-person care.
- 4. Don't forget to review your information in the Defense Enrollment Eligibility Reporting System (DEERS).** 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.
- 5. There is still time to get vaccinated against flu, COVID-19 and respiratory syncytial virus (RSV).** The best way to prevent serious illness from these respiratory viruses is by getting vaccinated every year. Remember, [TRICARE covers vaccines](#) as a preventive service benefit. You can even get these vaccines at the same time.
- 6. Mental health is just as important as physical health.** Taking care of your mental health is an important part of overall health. It can affect your mood, behavior and thoughts, and can be triggered by stressful situations in life. TRICARE offers [mental health resources](#) to help keep you on track. And as always, if you or someone you know is struggling with thoughts of suicide, go to the nearest emergency room and/or call the [Suicide and Crisis Hotline](#).
- 7. Keep your other health insurance (OHI) up to date.** It's important to keep your OHI information up to date with us so your health care claims process accurately. You can easily update your OHI online (log in required) 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.
- 8. Use self-service tools to get information you need.** Our [online self-service tools](#) allow you to conduct your TRICARE business 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). Don't forget to sign up to receive text or email alerts that notify you when claims and referrals or pre-authorizations have processed. You also can use self-service tools by following the prompts when calling 1-844-866-WEST (1-844-866-9378).
- 9. Now is the time to quit for good.** Is 2024 the year you quit smoking? We have resources that can help! Work at your own pace to create a quit plan, set a quit date, find ideas for dealing with cravings, and stress and more with our [Time to Quit](#) online tobacco cessation program. You can also listen to our recorded class, [Preparing to Quit Tobacco](#), to help you identify your challenges with quitting smoking.
- 10. A new year means a new you.** Whether you want to lose weight or just eat healthier this year, we have resources that can help! Start with our [Making Healthy Changes for Life](#) class to learn the skills necessary for any change. Register for our February 21 class. [Online programs](#) include Basics for Reaching a Healthy Weight (the basics of healthy eating and weight control), and Healthy Weighs for Life (focusing on skills for weight loss, healthy eating, meal planning, designing a fitness program, and more).