



# In Case You Missed it

TRICARE® West Region e-Updates

July 2022

- 1. Vaccinate to prevent COVID-19.** One of the best ways to protect yourself from COVID-19 is by getting vaccinated. Have you heard? The Centers for Disease Control and Prevention (CDC) recently announced that everyone ages six months and older can now receive a COVID vaccine. Additionally, everyone ages five and older can receive a booster dose. Visit the [CDC's website](#) for the latest vaccine recommendations and information about protecting yourself and your loved ones.
- 2. Autism Care Demonstration (ACD) Parent Toolkit available.** Health Net Federal Services, LLC (HNFS) offers an [ACD Parent Toolkit](#) to provide resources and information to parents who are participating in the ACD Demonstration. New! The toolkit is now available in two formats so you can access the information in a way that best meets your needs. Check out our downloadable PDF or participate in the self-paced online course.
- 3. Telehealth options are just a click away.** If you prefer virtual health care options, we've got you covered. Telehealth options allow you to get the care you need from the comfort of your home. You can find providers who offer telemedicine, use our "Telemedicine" filter in the [network directory](#), or connect with one of our [telehealth partners](#) to get started.
- 4. Keep your health on track.** Preventive care includes screenings that are not directly related to a specific illness or injury. Preventive health care appointments can help detect health conditions and disease early when they are most treatable. If you've been putting off preventive care, now is the time to act! [Learn more about preventive services](#) covered under TRICARE.
- 5. Learn how TRICARE coverage works for children away at college.** Summer may be a time when you are [preparing to send your child to college](#). If your child is enrolled full-time and meets eligibility requirements, their TRICARE coverage will stay with them. And don't forget, your child moving away to college is a qualifying life event, which opens a 90-day window for you and your family to make eligible enrollment changes.
- 6. Are you moving this summer?** Summer is a transitional time for many military families with permanent change of station (PCS) orders. If you've moved this summer, or have plans to, [follow these simple steps](#) to ensure a smooth transition to your new area. Once you are at your new location, don't forget to update your information in the [Defense Enrollment Eligibility Reporting System](#) so your TRICARE coverage remains unaffected. Moving is a qualifying life event, which gives you and your family 90 days to make changes to your TRICARE plan.
- 7. Use the Authorization Status Tool to view/print determination letters.** HNFS makes it easy for you to check the status of referrals and authorizations. With just a few steps, you can see status and other details within seconds. You can even print your authorization letter for your records. View our [quick reference guide](#) for step-by-step instructions.
- 8. New TRICARE members can learn about coverage options.** If you are a [new TRICARE member](#), the TRICARE Choices in the United States Handbook is a great place to get familiarized with what TRICARE has to offer. Learn about plan options, how the plan works, dental and vision coverage, and more. Get started today!
- 9. Beat the summer sun.** Summer is here; are you protecting your skin? The National Cancer Institute reports skin cancer as the most common of all cancers, yet it is also one of the most curable and preventable forms of cancer. Talk with your doctor if you have any concerns or feel you need to be [screened for skin cancer](#). Visit our [Cancer Prevention Health Topics](#) section for resources on skin and other cancers. Learn more ways to take good care of your health beyond eating healthy and getting daily exercise with our [Take Charge of Your Health](#) online program.
- 10. Looking to lose weight?** Our in-depth [Healthy Weighs for Life](#) program teaches you how to plan and cook healthy meals, eat on the go, design your own fitness plan, and develop key skills and strategies to help you make healthy changes and stay on track. If this is your first attempt at losing weight, try our beginner program, the [Basics for Reaching a Healthy Weight](#). Learn how to determine your calorie needs, set a healthy weight goal, and use food and exercise to lose weight the healthy way.