



In Case You Missed it

TRICARE® West Region e-Updates

May 2022

- 1. May is Mental Health Awareness Month.** Life is full of ups and downs, which can affect one's mental health. It's important to know **you are not alone**. Visit [tricare.mil](https://www.tricare.mil) to learn more about **mental health awareness** and **TRICARE-covered services**. If you or a loved one are struggling with mental health concerns or thoughts of suicide, call a **crisis hotline** for assistance. As always, if you are experiencing an emergency, call 911 or go to the nearest emergency room. Don't forget – you also have **telemental health options** for outpatient mental health care.
- 2. Have you recently moved?** One of the first things you should do if you have moved is update your address in the Defense Enrollment Eligibility Reporting System (DEERS). **Keeping your information up to date in DEERS** is necessary for making sure you can use your TRICARE benefit if and when you need it. If you haven't reviewed your information in DEERS recently, now is the time to do so.
- 3. Learn more about your pharmacy benefit options with TRICARE.** The TRICARE Pharmacy Program is managed by Express Scripts® and provides prescription drugs at an affordable price when you need them. If you have questions about your pharmacy benefit, the **TRICARE Pharmacy Program Handbook** is a great resource to learn about eligibility requirements, what types of drugs are covered, where to fill prescriptions, and more.
- 4. Save time with online tools.** We offer various tools at www.tricare-west.com so you can easily access your health care information. Use HNFS website tools to check referral and authorization status, download determination letters, make provider changes on outpatient referrals (network-to-network), and more! Log in with your DS Logon to get started. (If you are not eligible for a DS Logon, we offer a website registration option.)
- 5. You have virtual health care choices.** We know that having telehealth options is important; especially for those in remote areas or for those who don't want to go to an in-person office visit. Use the telemedicine filter in our **Network Provider Directory** to find providers who offer telemedicine services. You can also connect with one of our **telehealth partners** to get the care you need.
- 6. Are you an expecting parent?** TRICARE's **Childbirth and Breastfeeding Support Demonstration (CBSD)** covers certain services provided by certified labor doulas, lactation consultants and lactation counselors. You can now easily search for these provider types in our **CBSD directory**. Do you know a provider interested in joining our network? **Direct them to our website** for more information.
- 7. Vaccinate to prevent COVID-19.** One of the best ways to protect yourself from COVID-19 is by getting vaccinated. If you have not already done so, now is the time. If you have received your initial series, see if you qualify for a first or second booster. **Visit the Centers for Disease Control and Prevention (CDC's) website** for the latest vaccine recommendations and information about protecting yourself and your loved ones.
- 8. Stay current on COVID-19 levels in your local community.** The CDC recently released a tool that allows you to see COVID-19 levels in your immediate community. Check out the **COVID-19 County Check tool** to be more informed on what is happening where you live and take steps to prevent the spread of COVID-19.
- 9. Are you distracted from your health goals?** Our Making Healthy Changes for Life teleclass teaches you the skills for making and maintaining changes in your life. **Register today for our June 7 webinar**. Looking for education on a specific health topic? Visit our **Learning Center** for more information.
- 10. Discover more about exercise-induced asthma.** About 90% of people with asthma have exercise-induced asthma, also called exercise-induced bronchoconstriction or EIB. However, EIB can occur in people without asthma as well. Be sure to talk with your provider about getting a proper diagnosis, which will most likely include a **spirometry test**. If you have been diagnosed with asthma, consider completing our **The Basics of Asthma Management** online program. **One-on-one coaching** with an asthma specialist is also available.



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

May's topic:
Risk assessment. Risk management. Personal responsibility.