



In Case You Missed it

TRICARE® West Region e-Updates

October 2022

- 1. Get ready for TRICARE Open Season.** Are you ready for this year's TRICARE Open Season? If you have not already done so, now is the time to review your and your family member's current health plans and decide what options may be best for you and your family. Remember, TRICARE Open Season is the only time you can enroll in or change your health plan for next year, outside of a qualifying event. This year's TRICARE Open Season runs from Nov. 14 through Dec. 13, 2022. For more information, visit [TRICARE's Open Season page](#).
- 2. The TRICARE pharmacy network will soon be changing.** Effective Oct. 24, 2022, a total of 15,000 [independent pharmacies](#), including those under Strategic Health Alliance and Align Rx, will leave the TRICARE pharmacy network. The TRICARE pharmacy benefit is managed by Express Scripts, Inc (ESI). Use ESI's [Find a Pharmacy](#) tool for their current pharmacy directory and visit <https://militaryrx.express-scripts.com> to learn how to transfer prescriptions.
- 3. Read about updates to TRICARE's contraceptive care.** Contraceptive care is an important part of overall health and supports your and your family's goals. As of July 28, 2022, you no longer have to pay cost-shares or copayments for all [TRICARE-covered reversible medical contraceptives](#). These include intrauterine devices (or IUDs), contraceptive shots, and slow-release contraceptive rods, which go under the skin. You can submit a claim after Nov. 1 if you paid cost-shares or copayments for services received on or after July 28.
- 4. Stay up to date with COVID-19 and flu vaccinations.** If you're vaccinated against COVID-19 but it's been two months since your last shot, you may be eligible for a [bivalent COVID-19 booster](#). Keep in mind, COVID-19 vaccines do not protect against the flu. That's why it's important to make sure you also get your flu vaccine. You can even get both vaccines at the same time! Keep your and your family's health protected this season. TRICARE covers the [flu vaccine](#) as a preventive service benefit.
- 5. Let us know if you have other health insurance (OHI).** It's important to keep your OHI up to date so your health care claims are processed accurately. You can easily update your OHI online at any time, 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.
- 6. Learn what TRICARE covers for clinical mental health services.** Overall well-being is more than just physical health; it is also your mental and emotional health. [TRICARE covers a variety of medically necessary services](#) that can help you and your family. Take care of yourself and get help if needed.
- 7. Skip the car ride. You have telehealth options.** Access to virtual health care is a convenient way to keep your health care on track without having to leave your home. To search for providers who offer telehealth visits, you can use the telemedicine filter in our network directory. Or you can connect with one of our telehealth partners. Visit our [Telehealth Options page](#) to get started.
- 8. Get answers you need with the MHS Nurse Advice Line.** Having the right resources available is key to staying healthy. Whether you have questions about a sick child, are traveling and need advice, or are simply looking for the nearest urgent care or emergency facility, the [MHS Nurse Advice Line](#) can help. Nurses are available via phone, web chat or video chat. As always, if you or your loved ones need immediate assistance, call 911 or go to the nearest emergency room.
- 9. October is Breast Cancer Awareness Month.** This month is all about [spreading awareness](#) and encouraging women to get screened, if appropriate. Routine screening mammograms can detect cancer at an early stage. And, with more treatment options available today, major surgery is less likely with a breast cancer diagnosis. TRICARE covers [one screening mammogram annually](#) beginning at age 40, or age 30 if high risk. Talk with your doctor and visit [Choosing Wisely®](#) to learn about your options. Check out our [Health Topics](#) section for information on breast health.
- 10. Ready to quit?** November 17 is [Great American Smokeout®](#) day. Plan ahead and spend that day tobacco-free! We have two tobacco cessation programs; our online program, [Time to Quit](#), helps you create a quit plan, or our recorded class, [Preparing to Quit Tobacco](#), helps you get ready to quit. If making a healthy change is challenging for you, consider learning the skills needed for change! Register for our next [Making Healthy Changes for Life](#) webinar today!



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

October's topic:
Is the pandemic over?