



In Case You Missed it

TRICARE® West Region e-Updates

September 2022

- 1. TRICARE telehealth policy changes may affect your out-of-pocket costs.** At the beginning of the COVID-19 pandemic, the Defense Health Agency (DHA) put into place a temporary waiver of telehealth copayments/cost-shares, along with some other related changes. Recently, DHA updated TRICARE telehealth policies, which includes a reinstatement of copayments/cost-shares for telehealth services. [Learn more](#) about how these changes may affect you and your family.
- 2. TRICARE Open Season is happening soon.** Now is the time to review your and your family member's current health plans, consider your needs for 2023, and learn about your coverage choices. Open season is the time you can enroll in or change your health plan for next year. Remember, outside of open season, you can only make changes to TRICARE Prime or Select plans following a qualifying life event. Mark your calendars; this year's [TRICARE Open Season](#) runs from Nov. 14 through Dec. 13, 2022.
- 3. Learn about supporting children's mental health.** Mental health is just as important as physical health, especially for children who are reaching developmental and emotional milestones. As a parent or caregiver, you may detect changes in your child's behavior. [TRICARE covers mental health](#) care for beneficiaries of all ages. You also can get help through non-medical resources. Need help finding a mental health care provider? Read some tips about [finding West Region network providers](#).
- 4. Stay current on your COVID-19 vaccinations or booster shots.** COVID-19 is still a part of our lives, and according to the Centers for Disease Control and Prevention (CDC), will continually change over time. That's why getting vaccinated and boosted remains a critical step in keeping you and your family protected. Learn more about [who is eligible to get a vaccine or booster dose](#).
- 5. Keep your child's Autism Care Demonstration care on track.** If you have a child receiving care under TRICARE's Autism Care Demonstration (ACD) and have been assigned an Autism Services Navigator (ASN), [take a moment to review these key points](#) about comprehensive care plans (CCPs). The CCP you develop with your ASN helps make sure your child receives comprehensive care and services.
- 6. Find the 2023 rates for premium-based plans.** Each calendar year, rates for TRICARE Reserve Select, TRICARE Retired Reserve and TRICARE Young Adult are subject to change. You can [find 2023 rates on our plan pages](#) and soon at www.tricare.mil/costs.
- 7. Try our self-service automated phone system.** Health Net Federal Services, LLC (HNFS) offers a variety of self-service tools so you can easily access your TRICARE information. While many of these tools are online, don't forget you can also use our automated self-service telephone system at any time, 24/7. Need to check your eligibility, make an enrollment payment or review your authorization/ referral status? Simply [contact us and use the self-service phone prompts](#) to get started.
- 8. Not eligible for Medicare Part A? Learn about Medicare and keeping TRICARE coverage.** TRICARE beneficiaries who are eligible for TRICARE and Medicare but who are not entitled to premium-free Medicare Part A do not need to have Medicare Part B to remain enrolled in TRICARE Prime or TRICARE Select. However, if you are [eligible for Medicare Part A on a spouse's record](#), you do need to enroll in Medicare Part B. It's important to pay attention to Medicare Part B enrollment deadlines to avoid late enrollment penalties. Register for TRICARE's Sept. 29 "[How to Get Started with Medicare and TRICARE](#)" webinar to learn more.
- 9. Get a jump start on improving your health.** View one of our recorded wellness classes! Learn how to prevent heart disease, quit tobacco, improve your understanding about diabetes, or focus on your mental health with our anxiety, depression or stress management classes. Visit our [Learning Center](#) to get started today.
- 10. Ready to quit?** Learn at your own pace with our [Time to Quit](#) online tobacco cessation program. Work step-by-step to create a quit plan and give up tobacco for good!