



In Case You Missed it

TRICARE® West Region e-Updates

April 2022

- COVID-19 Test to Treat option now available.** Through the U.S. Department of Health and Human Services' [COVID-19 Test to Treat Initiative](#), participating "One-Stop Test to Treat" locations offer COVID-19 testing and immediate treatment to those who test positive and are eligible for oral antiviral treatment. These services are available at no cost. While you can continue to be tested and treated by your health care provider who can prescribe oral antivirals if appropriate, the Test to Treat Initiative allows eligible beneficiaries to get tested and start treatment in one visit.
- Enrollment and claims billing – there is a difference.** Have a [question about a bill](#) you received but don't know who to talk to? We can help. There are typically two types of bills you may receive related to your health care; one for enrollment and one for claims. Enrollment fees or premiums are what you pay to be enrolled in a TRICARE plan (does not apply to active duty service members or their family members). These fees are usually paid monthly or annually. Claims billing is for costs you pay when using your TRICARE plan, such as cost-shares or copayments. These vary based on the health care service provided.
- Keep your information in the Defense Enrollment Eligibility Reporting System (DEERS) up to date.** If you haven't reviewed your information in DEERS recently, now is the time to do so. [Keeping information in DEERS up to date](#) is an important step in making sure you can use your TRICARE benefit if and when you need it.
- Attend a live TRICARE webinar.** Health Net Federal Services, LLC (HNFS) offers beneficiary briefings via live and pre-recorded webinars. Our experienced TRICARE staff present on various TRICARE-related topics from basic TRICARE information to more in-depth benefit details. View the current schedule at www.tricare-west.com/go/webinars. Additionally, we have pre-recorded briefings you can watch any time.
- Explore your virtual health care options.** Don't put your health care off because you don't want to go into the doctor's office. Virtual health care appointments are a good alternative to in-person visits. Visit our [network provider directory](#) to find providers who offer telemedicine or connect with one of our telehealth partners to get started.
- Do you qualify for another COVID-19 booster shot?** Data continues to show getting vaccinated for COVID-19 is an important step in protecting people from infection and severe disease. The Centers for Disease Control and Prevention recently announced recommendations for an additional COVID-19 booster shot for immunocompromised individuals over age 50. [Find out if you qualify](#) for a second booster.
- Save time by using self-service tools.** Our [online self-service tools](#) allow you to conduct TRICARE transactions 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). You can also use our automated phone system at 1-844-866-WEST to check eligibility, get authorization status and more.
- Locate doulas, lactation counselors and lactation consultants.** TRICARE covers certain services by certified labor doulas, lactation counselors and lactation consultants as part of its five-year Childbirth and Breastfeeding Support Demonstration (CBSD). You can now search for these provider types in our [CBSD-specific directory](#). Know someone interested in joining our network? Have them [visit our website](#) or contact us for more details.
- HNFS offers help for stress management.** Visit our [Learning Center](#) for recorded classes on stress management, anxiety and depression. Our [Health Topics](#) section has website links to additional resources on these issues. One-on-one coaching is also available for anxiety and depression. Visit our [FAQ page](#) for information and to self-nominate.
- Take charge of your health.** Daily exercise, eating healthy, stress management ... what else do you need to do for your health? Try our [Take Charge of Your Health](#) self-care program for more information on how to get and stay healthy. Talk with your doctor about health screenings and exams you may need to schedule. Visit [Choosing Wisely®](#) to learn more about adult health check-ups and screenings, and how to avoid unnecessary tests and health care costs.



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

April's topic:
A Look at the Impact of COVID-19