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First and Last Name
Unit Name
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Briefing Title
Date and Time of Briefing

## TRICARE® Benefits/Programs for the National Guard and Reserve during Deactivation Briefing

- You must be registered in the Defense Enrollment Eligibility Reporting System (DEERS) to receive your TRICARE benefits. You and your eligible family members' address, email addresses and phone numbers must stay up to date. How would you do this?
  - a. Go to a local ID card office/Pass-n-ID
  - b. Log in at: <https://milconnect.dmdc.osd.mil/milconnect/>
  - c. Call 1-800-538-9552 DMDC/DEERS Support Office (DSO)
  - d. Any of the above
- There are two regional contractors stateside: Health Net Federal Services, LLC (HNFS) in the TRICARE West Region and Humana Military in the TRICARE East Region. It is important to contact the appropriate East or West regional contractor within 90 days of what qualifying life event/s (QLE)?
  - a. Marriage/birth or adoption/change in my family composition
  - b. Retiring/change in sponsor's status
  - c. Moving to a new region/change of address
  - d. Any of the above
- Where can you find important information regarding your referral and authorization status, Explanations of Benefits (EOBs), payment history, claims status, and network providers?
  - a. [www.tricare.myway](http://www.tricare.myway)
  - b. [www.tricare-west.com](http://www.tricare-west.com) or [www.tricare-east.com](http://www.tricare-east.com)
  - c. [www.helpmewithtricare](http://www.helpmewithtricare)
  - d. [www.militaryonesource.com](http://www.militaryonesource.com)
- TRICARE Reserve Select and TRICARE Retired Reserve follow the rules of TRICARE Select.
  - a. True
  - b. False
- Which of the following applies to Line of Duty (LOD) care?
  - a. Limited to illnesses, injuries and diseases incurred or aggravated in the LOD; includes injuries sustained while traveling to and from a duty station.
  - b. Must have an LOD determination.
  - c. Care provided at military hospitals or clinics or coordinated by the Defense Health Agency-Great Lakes (DHA-DL).
  - d. All of the above