

Email completed knowledge checks to t2017west_ngr_briefings@hnfs.com.

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

TRICARE® Benefits/Programs for National Guard and Reserve Members during Retirement 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 number 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 stateside regional contractors: 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. All 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
 - b. www.tricare-west.com or www.tricare-east.com
 - c. www.helpmewithtricare
 - d. www.military.gov
- Retired Reserve members become eligible for retiree TRICARE Select or TRICARE Prime benefits at what age?
 - a. 25
 - b. 43
 - c. 60
 - d. 75
- Retired Reserve members may still qualify to purchase TRICARE Retired Reserve (TRR) up to age 60, as long they are not eligible for or enrolled in Federal Employees Health Benefits Program (FEHBP).
 - a. True
 - b. False