

Email completed knowledge checks to [t2017west\\_ngr\\_briefings@hnfs.com](mailto:t2017west_ngr_briefings@hnfs.com).

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

## Welcome to TRICARE®

- 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](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.military.gov](http://www.military.gov)
- Which of the following is applicable to TRICARE Prime?
  - a. Referrals are not required for most health care services, but some services require referrals and prior authorization from your regional contractor.
  - b. It is a premium-based health care plan that qualified Selected Reserve members may buy for themselves, and their qualified family members and survivors.
  - c. You need a referral from your primary care manager or other network provider for specialty care, which is care your primary care manager cannot provide.
- Which of the following is applicable to TRICARE Select?
  - a. You can see any TRICARE-authorized provider you choose, but you may save money when you use network providers.
  - b. DEERS registration is not required.
  - c. Beneficiaries are at least age 21, but not yet age 26.