

TRICARE®

Beneficiary Updates

In Case You Missed It

June 2019

- 1. Adding a new family member opens a qualifying life event (QLE).** A change to family composition, including birth and adoption, opens a QLE window. The sponsor must first register a new child in the Defense Enrollment Eligibility System (DEERS) and then enroll him or her in a TRICARE plan within 90 days of the birth or adoption event. Enrollment may be completed [online](#), [faxing or mailing an enrollment form](#), or [via telephone](#). For more information please visit www.tricare-west.com. Be sure to complete both steps to avoid disruption in coverage.
- 2. Military Kids Connect (MKC) program.** Military family transitions can be tough on kids. That's why the Defense Health Agency's (DHA) Connected Health Branch developed the MKC program. [MKC offers resources to help parents work with their children](#) regarding moving, deployments, and military-related injury or illness. Beneficiaries age 13 and older are encouraged to follow MKC on social media for news and helpful information.
- 3. Coverage now available for banked donor milk.** TRICARE recently announced [new coverage for banked donor milk](#). This coverage is available for infants with certain serious health conditions who meet specific criteria. A prescription is required and banked donor milk must come from human milk banks that have been accredited by the Human Milk Bank Association of North America, available throughout the U.S. and Canada.
- 4. Updating other health insurance (OHI).** Keeping your OHI up-to-date with HNFS will help to avoid delays in claims payments. Simply log in to your secure portal at www.tricare-west.com to [update your OHI in a few simple steps](#). If you do not have a login, you can also complete the TRICARE Other Health Insurance Questionnaire and send it in to HNFS. Updates submitted online are processed within three business days, while updates using the form are processed within 30 business days. Losing or gaining OHI is a QLE. Learn more at www.tricare.mil/LifeEvents/Losing-or-Gaining-OHI.
- 5. Retiring from active duty status retro enrollment.** When you retire from active duty service or turn 60 as a retired reserve member, you must enroll in a TRICARE plan as a retiree to avoid a gap in coverage. [DHA is allowing retiring members and their eligible family members up to 12 months from their retirement date](#), or turning age 60 (for retired reserve members), to enroll in a TRICARE plan.
- 6. TRICARE Young Adult for young adults.** Dependents of an eligible sponsor will age out of TRICARE at age 21 (age 23 for full-time college students). As this is considered a QLE, the young adult and/or sponsor will have 90 days to change or select a new TRICARE plan. [Qualifying young adults can purchase TRICARE Young Adult](#), which is an option for unmarried, young adult dependents under age 26 who are not eligible for other TRICARE coverage.
- 7. Getting care while traveling.** Whether traveling stateside or overseas, your TRICARE plan travels with you. While you should take care of any routine or specialty care prior to your trip, [urgent care and emergency care are available if you or your loved ones get sick or injured while away from home](#). Rules for getting care depend on your TRICARE plan and your travel destination, and you may be required to pay for services up front and file a claim for reimbursement when you return home. The 24-hour [Military Health System Nurse Advice Line](#) is always available, and can assist you with questions or help you find the nearest urgent care or emergency care facility wherever you are.
- 8. Re-branded tobacco education campaign.** The Department of Defense has re-branded the [tobacco education campaign from UCanQuit2 to YouCanQuit2](#). The logo and website have been updated as well. While there is a new look to the program, the mission to help service members quit tobacco remains the same. Take advantage of the resources available!
- 9. Register for health teleclasses today!** We offer teleclasses that allow you to receive education from a health professional while in the comfort of your home. If you have, or think you may have depression, our [Basics of Depression Management](#) teleclass can help. If you are thinking about quitting tobacco, our [Preparing to Quit Tobacco](#) teleclass will help you focus on the key challenges of smoking and will arm you with the tools to be successful. If classes are not for you, try one of our self-paced [online programs](#).
- 10. Need help losing weight?** Start by learning the basics. Our [Basics for Reaching a Healthy Weight](#) online program provides information on weight control, healthy eating and exercise, all of which provide a solid foundation to get you started on the right path. For more in-depth information, try our [Healthy Weights for Life](#) online program. Learn how to plan and cook healthy meals, eat on the go, design your own fitness plan, and learn key skills and strategies to help you make healthy changes and stay on track. You'll find visually appealing presentations, videos, online resources, and easy-to-use forms you can use from the comfort of your home.