

Permanent Change of Station

Coordinating Your Medical Coverage Before, During, and After Your Move

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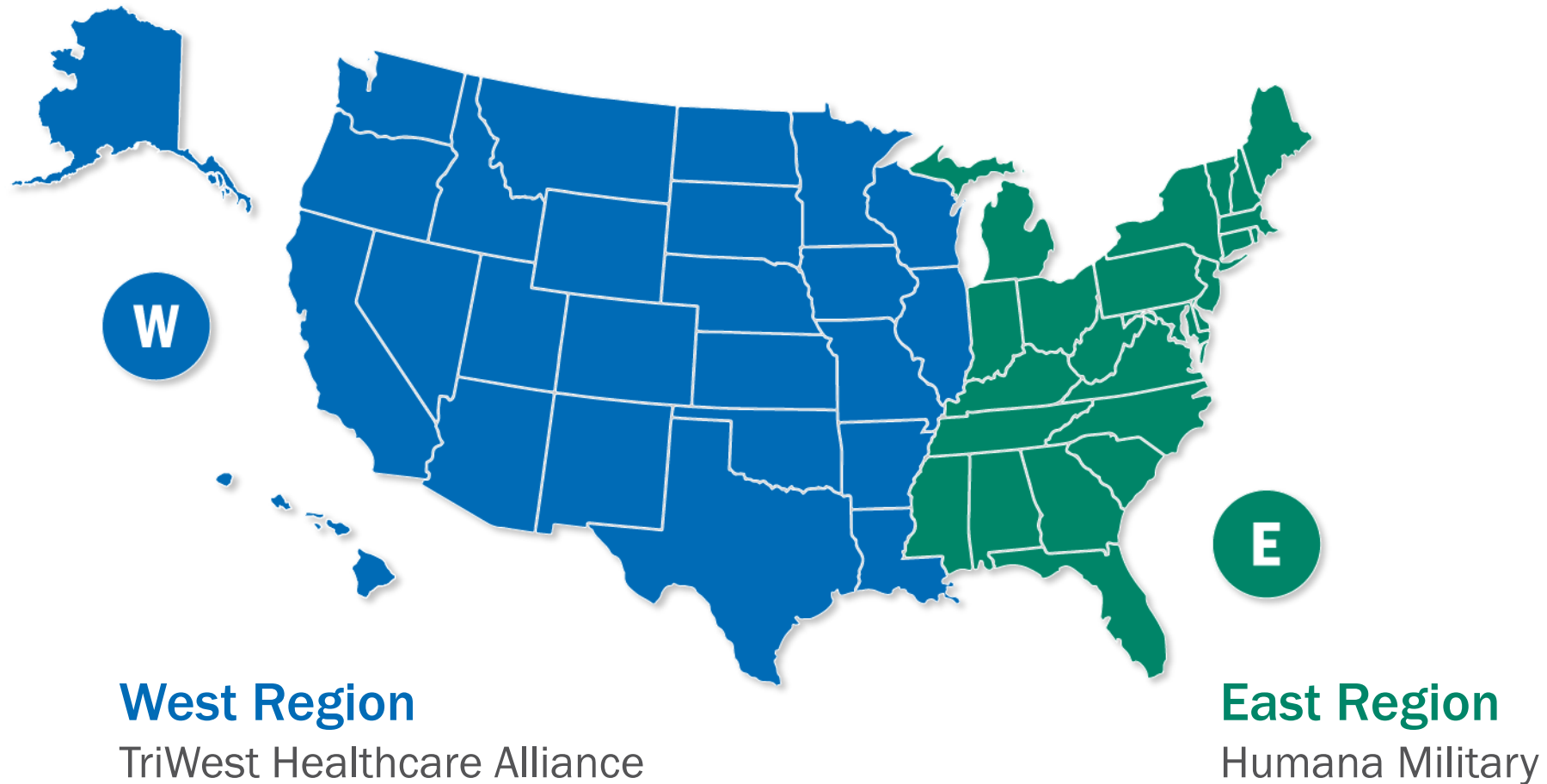


Today's Agenda

- What Is TRICARE?
- Planning for Your Move
- Getting Care While Traveling
- TRICARE Benefit at Your New Location
- Other Important Information
- Your Checklist
- For Information and Assistance

What Is TRICARE?

TRICARE Stateside Regions



TRICARE Overseas Program

Latin America and Canada

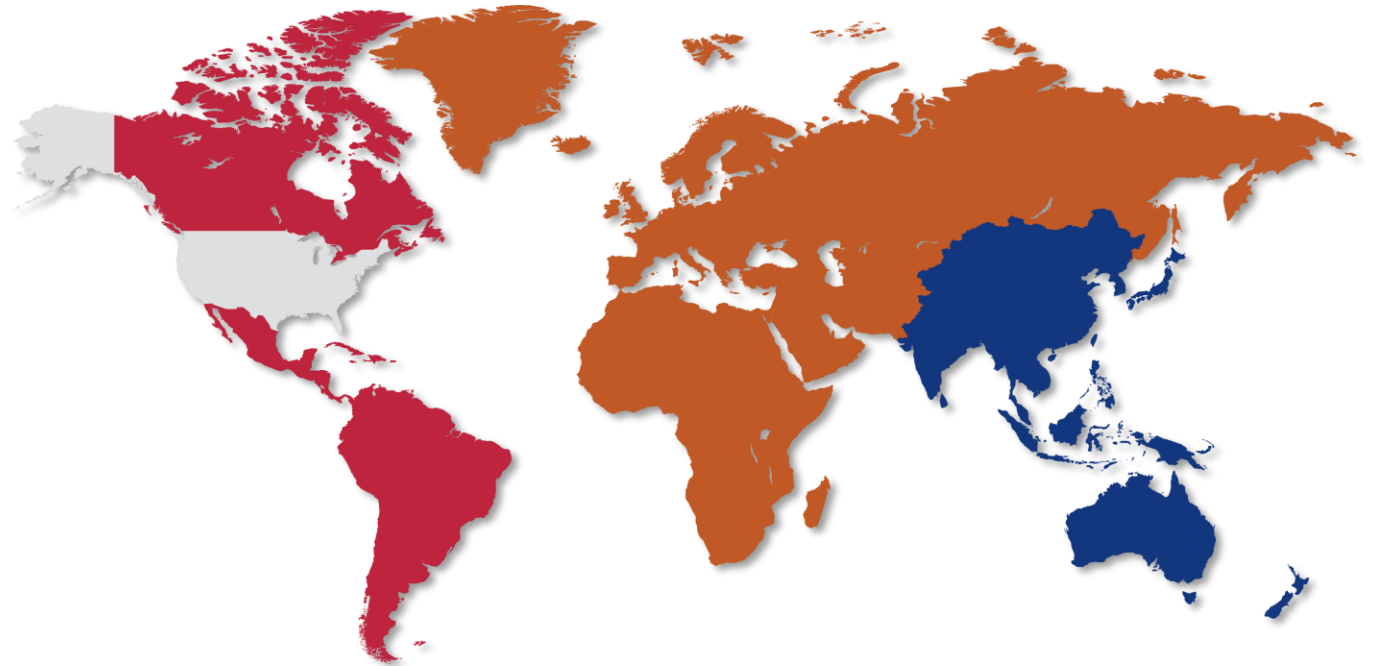
Canada, the Caribbean Basin, Central and South America, Puerto Rico, and the U.S. Virgin Islands

Eurasia-Africa

Africa, Europe, and the Middle East

Pacific

American Samoa, Asia, Australia, Guam, India, Japan, New Zealand, Northern Mariana Islands, South Korea, and Western Pacific remote countries



Planning for Your Move

Staying Covered When Moving

- Active duty service members must be enrolled in a TRICARE Prime option.
- Do **not** disenroll from TRICARE Prime, TRICARE Prime Remote, or TRICARE Select. Your current coverage will continue until your enrollment transfer is completed after you arrive at your new location.
- Verify your current information in the Defense Enrollment Eligibility Reporting System.
- Inform your current regional contractor about your upcoming move.
- Learn about TRICARE options in your new location.

Ongoing Medical Care

Before moving, sponsors and dependents should:

- Request copies of medical and dental records
- Fill and refill prescriptions
- Plan ahead for routine medical care
- Keep a list of providers' phone numbers
- Coordinate services for family members with special needs

Getting Care While Traveling

How To Get Care During Your Move

Type of Care	TRICARE Prime or TRICARE Select
Emergency (immediate)	Call 911 or go to the nearest emergency room.
Urgent (within 24 hours)	See any TRICARE-authorized provider.
Prescriptions	<ul style="list-style-type: none">• Military hospital or clinic pharmacy: www.tricare.mil/mtf• TRICARE retail network pharmacy: https://militaryrx.express-scripts.com or 877-363-1303

TRICARE Benefit at Your New Location

Keep DEERS Information Up To Date



Being able to use TRICARE depends on keeping DEERS up to date.

Update DEERS after you have a life event, like getting married or divorced, moving, giving birth, adopting a child, retiring, and other changes.



Go to an ID Card Office
(<https://idco.dmdc.osd.mil/idco>)

Note: You must use this option to add family members in DEERS.



Log in to <https://milconnect.dmdc.osd.mil>.



Call 800-538-9552.



Fax 800-336-4416.

TRICARE Prime Enrollment

- Updating DEERS does **not** transfer your TRICARE Prime enrollment.
- You may call your current regional contractor to transfer TRICARE Prime enrollment.

OR

- Complete the *TRICARE Prime Enrollment, Disenrollment, and Primary Care Manager Change Form* (DD Form 2876).
- Ways to access the form:
 - Log on to <https://milconnect.dmdc.osd.mil>. Click **Benefits** and then **Beneficiary Web Enrollment**.
 - Online: www.tricare.mil/forms

TRICARE Prime and TRICARE Prime Remote

- TRICARE Prime:
 - Available near a military hospital or clinic and other areas with established TRICARE networks, or in areas where the US Family Health Plan is offered
- TRICARE Prime Remote and TRICARE Prime Remote for active duty family members:
 - Available to ADSMs who live and work in remote locations (more than 50 miles from a military hospital or clinic) and eligible family members residing with them
 - Find out if you live in a remote area at www.tricare.mil/planfinder.

US Family Health Plan

- TRICARE Prime option with six service areas
- May not get care at military hospitals or clinics or use military pharmacies
- Must enroll. Learn more at www.tricare.mil/USFHP.

USFHP Service Area	Designated Provider's Website
Maryland; Washington, D.C.; parts of Pennsylvania, Virginia, Delaware, and West Virginia	www.hopkinsusfhp.org
Maine, New Hampshire, Vermont, Upstate and Western New York, Northern and Western Tier of Pennsylvania, Northeastern and Central Ohio	https://tricare.martinspoint.org
Massachusetts, including Cape Cod; Rhode Island; Northern Connecticut	www.usfamilyhealth.org
New York City; Long Island; Lower Hudson Valley; New Jersey; Western Connecticut, including New London and Hartford; Eastern Pennsylvania	www.usfhp.net
Central Texas, Coastal Bend Texas, Northeast Texas, Southeast Texas, Central Louisiana	www.christushealthplan.org/shop-plans/us-family-health-plan
Western Washington State; most of Central and Eastern Washington State; Northern Idaho; Western Oregon; most of California	www.usfhpnw.org

TRICARE Overseas Program Options

- ADSMs and **command-sponsored** family members:
 - TRICARE Prime Overseas
 - TRICARE Prime Remote Overseas
 - TRICARE Select Overseas (for family members only)
- Family members who **aren't** command-sponsored:
 - TRICARE Select Overseas
- International SOS Government Services, LLC administers the TRICARE Overseas Program benefit.
- Website: www.tricare-overseas.com

Service Members: Active Duty Dental Program

- The Active Duty Dental Program provides authorized civilian dental care for ADSMs who are either:
 - Referred from their military dental clinic (also known as a military dental clinic) in CONUS (continental U.S.) locations
 - Remotely located in both CONUS and OCONUS (outside the continental U.S.) locations
- The ADDP is administered by United Concordia.
 - If you're in the CONUS service area, call United Concordia at **866-984-2337**.
 - If you're in the OCONUS service area, call United Concordia at **844-653-4058**.
- For eligibility and benefit details, go to www.addp-ucci.com.

CONUS: Getting Care With ADDP

CONUS Locations

- If you're assigned to a duty station that has a military dental clinic, they'll determine if you need to be referred for civilian dental care.
- If you're remotely located, you:
 - Must use a United Concordia network dentist to receive ADDP-covered dental care.
 - Must have an Appointment Control Number before getting nonemergency dental care.
 - You can schedule dental care after you get an ACN.
 - For specialty or other dental care, you need an authorization from your civilian dentist before scheduling care.
 - If you need emergency dental care, you don't need an authorization or ACN.
- For a list of covered services and costs, visit www.addp-ucci.com.

OCONUS: Getting Care With ADDP

OCONUS Locations

- If you're assigned to a duty station that has a military dental clinic, they'll provide your dental care. There is no civilian referral for dental care option.
- If you're remotely located, you:
 - Must be enrolled in TRICARE Prime Remote Overseas
 - Must have an Appointment Control Number before getting nonemergency dental care
 - Should call United Concordia for assistance with finding a dentist, obtaining an ACN, and scheduling your appointment
- For specialty or other dental care, your civilian dentist will submit an authorization to request approval.
- If you need emergency dental care, you don't need an authorization or ACN.
- For a list of covered services and costs, visit www.addp-ucci.com.

TRICARE Dental Program

When Moving

- Do **not** disenroll family members from TDP.
- Update your address with United Concordia.
- Find a participating dentist at www.uccitdp.com or call:
 - 844-653-4061 (CONUS)
 - 844-653-4060 (OCONUS toll-free)

Other Important Information

Pharmacy Options

Military Pharmacy



- Usually inside military hospitals and clinics
- Get up to a 90-day supply

TRICARE Pharmacy Home Delivery



- Must use this option for some drugs
- Get up to a 90-day supply

TRICARE Retail Network Pharmacy



- Fill prescriptions without submitting a claim
- Get up to a 30-day supply

Non-Network Pharmacy



- Pay full price up front and file a claim to get a portion of your money back
- Get up to a 30-day supply

The Affordable Care Act

- TRICARE meets the minimum essential coverage requirement under the Affordable Care Act.
- Each tax year, you'll get an IRS Form 1095 from your pay center. It will list your TRICARE coverage for each month.
- Your Social Security number and the Social Security number of each of your covered family members should be included in DEERS for your TRICARE coverage to be reflected accurately.

A stylized representation of an IRS Form 1095. The form is enclosed in a blue border. At the top left, it says "Form 1095". To the right of the form number, there are several horizontal lines representing a header section. Below this, the form is divided into a grid of rows and columns by horizontal and vertical lines, representing the structure for reporting TRICARE coverage for each month.

Your Checklist

Moving With TRICARE (1 of 2)

Before You Move

- Don't disenroll from TRICARE Prime or TRICARE Select.
- Contact your current regional contractor to begin transferring enrollment.
- Verify DEERS information.
- Fill prescriptions.
- Get copies of medical and dental records.
- Make sure you have your current PCM's phone number.
- Coordinate special care needs.

Moving With TRICARE (2 of 2)

On the Road

- ❑ For urgent care, no referral is required for non-ADSMs.
 - Note: If you're an ADSM, you need a referral for any nonemergency care you get from a civilian provider.
- ❑ For emergency care, no referral is required; call 911 or go to the nearest emergency room.

After You Move

- ❑ Update DEERS.
- ❑ Finish transferring TRICARE Prime or TRICARE Select enrollment, if applicable.
- ❑ If you're enrolled in the TRICARE Dental Program, provide your new contact information to United Concordia.

For Information and Assistance

Contact Information

Regional Contractors

- TRICARE East Region
Humana Military
800-444-5445
www.tricare.mil/east
- TRICARE West Region
TriWest Healthcare Alliance
888-TRIWEST (888-874-9378)
www.tricare.mil/west
- TRICARE Overseas Region
International SOS Government
Services, LLC
www.tricare-overseas.com/contact-us

Dental Contractor

- TRICARE Active Duty Dental Program
United Concordia Companies, Inc.
CONUS: 866-984-2337
OCONUS: 844-653-4058 (using country-specific access codes)
www.addp-ucci.com
- TRICARE Dental Program
United Concordia Companies, Inc.
CONUS: 844-653-4061
OCONUS: 844-653-4060
www.uccitdp.com

Resources

- TRICARE Website: www.tricare.mil



- TRICARE Publications: www.tricare.mil/publications
- milConnect: <https://milconnect.dmdc.osd.mil/>