

Permanent Change of Station

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

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- **ATTENTION PRESENTER:** To ensure that TRICARE beneficiaries receive the most up-to-date information about their health benefit, you must visit www.tricare.mil/briefings for the latest version of all briefings before each presentation. Briefings are continuously updated as benefit changes occur.
- **Presenter Tips:**
 - Print out and review briefing with notes prior to presentation.
 - Ensure “slide show” setting.
 - You may add slides from other briefings as appropriate for your audience.
- **Estimated Briefing Time:** 20-25 minutes
- **TRICARE Resources:** Visit www.tricare.mil/publications to view, print, or download TRICARE educational materials. Suggested resources include: *TRICARE Choices in the United States Handbook*, *TRICARE Overseas Program Handbook*, *Costs and Fees* sheet, and *TRICARE Plans* overview.
- **Briefing Objectives:**
 - Increase awareness and understanding of the TRICARE benefit
 - Educate beneficiaries on how to coordinate their health care coverage before, during, and after a move
 - Provide additional resources for more information
- **Optional Presenter Comments:** Welcome to TRICARE’s *Permanent Change of Station* briefing.

The goal of today's presentation is to give you the information you need to coordinate your medical coverage before, during, and after your move.

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

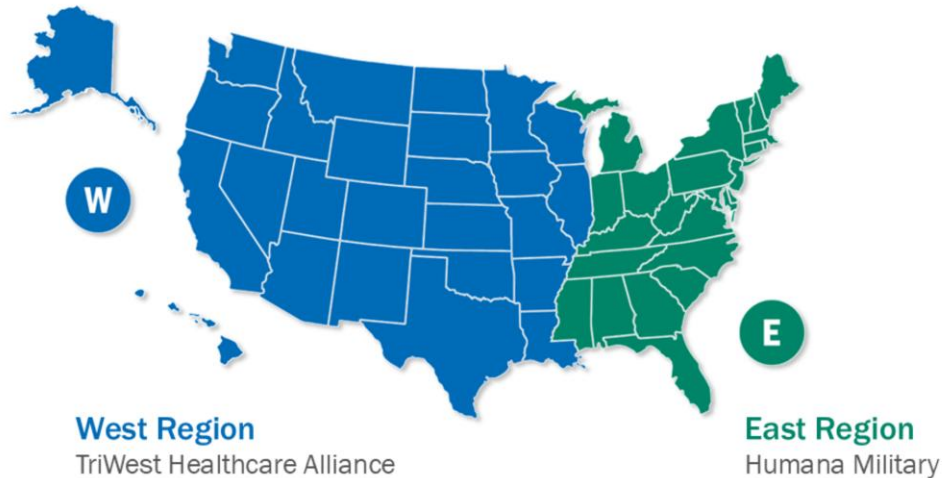
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- Today, we'll discuss what you should do to ensure continuous TRICARE coverage while you move.
- We'll also look at your options for getting care while you're in transit between duty stations as well as what choices you have once you've relocated.
- Finally, I'll provide you with a moving checklist and important contact information so you can get assistance and find answers to any additional questions you may have.

What Is TRICARE?

- **Optional Presenter Comment:** First, we'll discuss what TRICARE is.

TRICARE Stateside Regions



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- TRICARE is available worldwide and administered regionally. There are two TRICARE regions in the U.S.—TRICARE East and TRICARE West—and one Overseas region with three areas—TRICARE Eurasia-Africa, TRICARE Latin America and Canada, and TRICARE Pacific.
- Benefits are the same regardless of where you live, but there are different customer service contacts for each region.
- TriWest Healthcare Alliance administers the benefit in the West Region, and Humana Military administers the benefit in the East Region. Both regional contractors partner with the Military Health System to provide health, medical, and administrative support, including customer service, claims processing, and pre-authorizations for certain healthcare services.
- Another contractor, International SOS Government Services, LLC administers TRICARE overseas and in U.S. territories.
- And separate contractors administer dental and pharmacy benefits.
- Each regional contractor has a website and call center to help with your questions. I'll share this contact information at the end of this presentation.

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



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- The TRICARE Overseas Program is made up of one overseas region divided into three geographic areas: Latin America and Canada, Eurasia-Africa, and the Pacific.
- International SOS Government Services, LLC, or International SOS, is the contractor for the TRICARE Overseas Program.
- Each overseas region is managed by a TRICARE Area Office. This office is located in each overseas area to ensure operational support to military hospitals and clinics and TRICARE users in their geographic areas.
- Contact information will be provided at the end of this presentation.

Planning for Your Move

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- **Optional Presenter Comment:** We'll now discuss 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.

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- Keep in mind, active duty service members, or ADSMs, must be enrolled in a TRICARE Prime option. When moving to a new duty station, do not disenroll from TRICARE Prime, TRICARE Prime Remote, or TRICARE Select. Prior to moving, a TRICARE Prime or TRICARE Select enrollee may transfer enrollment by calling his or her current regional contractor; however, the process is not finalized until after moving. If you disenroll before you move:
- You won't have TRICARE Prime or TRICARE Select coverage during your trip. You'll only have access at a military hospital or clinic if space is available.
- As long as you do not disenroll, your current coverage will continue until you transfer your enrollment to your new duty location when you arrive. If you're enrolled in the US Family Health Plan and move out of a US Family Health Plan designated service area, you regain eligibility for other TRICARE programs.
- Before you leave, make sure to verify your family's current contact information in the Defense Enrollment Eligibility Reporting System, or DEERS. This will help you avoid problems if you need care while traveling.
- Note: Do not enter your new contact information until you arrive at your new location.
- Inform your current regional contractor about your upcoming move.
- Before you move, you should also review your TRICARE options (such as TRICARE Prime, TRICARE Prime Remote, or TRICARE Select) 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

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- In preparation for your move, sponsors and dependents should request copies of medical and dental records from any civilian facilities, if applicable. Having records will help your new providers understand your health history and better coordinate your care.
- Note: HIPAA, or the Health Insurance Portability and Accountability Act, authorization may be required for someone other than the patient to obtain copies of records.
- Fill or refill any prescriptions.
- Plan ahead for routine medical care, such as physicals, well-child care, and care for chronic medical conditions.
- Keep a list of providers' phone numbers. Be sure to have your current primary care manager's, or PCM's, phone number—including his or her after-hours contact information.
- If you have a family member with special needs, coordinate with the appropriate Exceptional Family Member Program office and Extended Care Health Option care coordinator prior to your move.
- The military requires that the exceptional family member's health care needs are met at the new duty station.

Getting Care While Traveling

- **Optional Presenter Comment:** We'll now discuss 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

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- This chart shows you how to get care while traveling.
- TRICARE defines an emergency as a medical, maternity, or psychiatric condition that someone with an average knowledge of health and medicine believes to be a threat to life, limb, or sight.
- If you or someone you know experiences an emergency while traveling, call 911 or go to the nearest emergency room.
- A TRICARE Prime or TRICARE Prime Remote beneficiary should contact his or her PCM or regional contractor within 24 hours or the next business day to coordinate any ongoing care.
- If admitted, you or someone on your behalf must notify your regional contractor. Additionally, active duty service members, or ADSMs, should notify their chain of command.
- Urgent care is covered for any illness or injury that requires attention within 24 hours, such as a severe sprain, sore throat, high temperature, or uncontrolled vomiting.
- If you're an ADSM, you need a referral for any nonemergency care you get from a civilian provider.
- If you're a non-ADSM enrolled in TRICARE Prime or TRICARE Prime Remote, you can contact your regional contractor for help finding an urgent care facility. You don't need a referral to get urgent care. You can get urgent care from any TRICARE-authorized urgent care center or network provider.
- If you're enrolled in TRICARE Select or have purchased any other TRICARE plan, you don't need a referral to get urgent care. You can get urgent care from any TRICARE-authorized urgent

care center or provider. You'll pay network or non-network copayments or cost-shares, depending on the type of provider you see.

- The easiest and most cost-effective way to have prescriptions filled while on the road is at a military hospital or clinic or a TRICARE retail network pharmacy.

TRICARE Benefit at Your New Location

- **Optional Presenter Comment:** Now we'll discuss your 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.

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- The Defense Enrollment Eligibility Reporting System, or DEERS, is a database of service members and dependents worldwide who may be eligible for military benefits, including TRICARE.
- Your TRICARE eligibility shows up in DEERS based on the sponsor's status. To maintain your eligibility, you must update DEERS after any QLE. If you don't, you may miss important information and enrollment deadlines. This could mean you lose access to care. A QLE includes getting married or divorced, moving, giving birth, adopting a child, or retiring. Visit www.tricare.mil/lifeevents for more information.
- Register in DEERS through the milConnect website at <https://milconnect.dmdc.osd.mil>. The milConnect website is the Defense Manpower Data Center's online portal that provides access to DEERS information.
- Information can also be updated by phone, fax, or by visiting a Uniformed Services ID card-issuing facility.
- When making changes, proper documentation, such as a marriage certificate, divorce decree, birth certificate, or adoption papers, is required.
- Note:** Only sponsors or sponsor-appointed individuals with valid power of attorney can add a family member. Family members age 18 and older may update their own contact information.
- Remember, providers are legally permitted to copy military and dependent ID cards to verify TRICARE eligibility.
- For more information, visit www.tricare.mil/deers.

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

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- Remember, updating DEERS doesn't cause your TRICARE Prime enrollment to transfer.
- You may call your regional contractor to transfer TRICARE Prime enrollment before you move, but transferring enrollment isn't complete until after you move.
 - ADSMs and their family members may transfer their TRICARE Prime enrollment to a new region with a simple phone call before they move, whether stateside or overseas.
 - Once you know you're moving, call your current (losing) contractor and provide the information about your upcoming move. The current contractor will contact your new contractor to begin the enrollment transfer, and your new contractor will contact you within five days of your arrival date to complete the process.
 - In most cases, using this option eliminates the need to submit a new enrollment form.
- If you choose not to use the phone option:
 - Complete the *TRICARE Prime Enrollment, Disenrollment, and Primary Care Manager Change Form*, and submit it to the TRICARE representative at your new duty station.
 - You can also transfer your enrollment through the milConnect website or by downloading *DD Form 2876* from the TRICARE website and mailing the completed form to your current TRICARE regional contractor.
 - As soon as the enrollment form is submitted to your new duty station or the phone transfer is complete, you'll begin to follow the appointment guidelines at your new duty station and no longer contact your previous duty station.

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.

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- If you and your family live near a military hospital or clinic or another area where a TRICARE Prime Service Area has been established, you can enroll in TRICARE Prime.
- If you live and work more than 50 miles or a one-hour drive from a military hospital or clinic, you and your eligible family members can enroll in TRICARE Prime, or TPR, and TRICARE Prime Remote for Active Duty Family members, or TPRADFM.
 - Find out if you live in a designated remote area by visiting www.tricare.mil/planfinder.
- With TRICARE Prime or TPR, the majority of care is provided by a primary care manager, or PCM, who is a military or family doctor dedicated to your care.
 - If your family is currently enrolled in TRICARE Select and you meet all eligibility criteria and TRICARE Prime is available where you live, enrolling them in TRICARE Prime may reduce out-of-pocket costs.
 - Remember, ADSMs **must** enroll in TRICARE Prime or TRICARE Prime Remote.
- If your family members choose to remain in or enroll in TRICARE Select, visit your regional contractor's website for help finding a new provider and for region-specific information about authorizations and claims.

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

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- The US Family Health Plan, or USFHP, is a TRICARE Prime option available through separate health care systems in six areas of the U.S.
- If you're in USFHP, you'll get care from a primary care provider in the health care system where you're enrolled. Your primary care provider will refer you for specialty care. You may not get care at military hospitals or clinics or use military pharmacies if you're in USFHP.
- Enrollment is required. Enrollment costs are the same as for TRICARE Prime.
- You aren't eligible to enroll in USFHP if you're:
 - An ADSM
 - A National Guard or Reserve member or family member
 - Medicare-eligible and age 65 and older
- If you disenroll from USFHP or move out of one of the USFHP service areas, you regain eligibility for other TRICARE programs.
- To learn more about USFHP, go to www.tricare.mil/USFHP.

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

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- The TRICARE Overseas Program, or TOP, options are similar to the stateside program options.
- ADSMs and command-sponsored family members may enroll in one of the following TRICARE Prime options, depending on your location:
 - TRICARE Prime Overseas
 - TRICARE Prime Remote Overseas
- Under these program options, you'll most likely have a primary care manager, or PCM, dedicated to your care.
- If you're an active duty family member, you'll save money and have priority for care if you enroll in either TRICARE Prime Overseas or TRICARE Prime Remote Overseas. Only command-sponsored family members have these options.
- Family members who do not receive command sponsorship will need to enroll in TRICARE Select Overseas.
 - TRICARE Select Overseas works much like TRICARE Select does in the U.S., and beneficiaries can see any TRICARE-authorized provider for care.

Note: If you live in the Philippines, you're encouraged to visit a TRICARE preferred provider. For more information, contact your TOP Regional Call Center.

- International SOS Government Services, LLC administers the TRICARE Overseas Program benefit for all areas outside the U.S. Visit www.tricare-overseas.com for the most up-to-date information.

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.

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- The Active Duty Dental Program, or ADDP, is administered by United Concordia Companies, Inc., referred to as United Concordia, which provides civilian dental care to service members who live and work in remote locations.
- The ADDP is available in two geographic service areas:
 - CONUS (Continental U.S.): Includes the 50 U.S., the District of Columbia, and the U.S. territories of American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, and the U.S. Virgin Islands
 - OCONUS (Outside the continental U.S.): Includes all other countries, island masses, and territorial waters outside the ADDP CONUS service area
- Within the CONUS service area, those eligible for dental care through ADDP include:
 - ADSMs who live and work (duty location) more than 50 miles from a military dental clinic, or military dental clinic, in the service area
 - National Guard and Reserve members called or ordered to active duty for more than 30 days
 - Certain others, including foreign forces members, based on a reciprocal health care agreement
- Within the OCONUS service area, those eligible for dental care through ADDP include:
 - ADSMs who are enrolled in TRICARE Prime Remote Overseas
 - Certain National Guard and Reserve members called or ordered to active duty for more than 30 days
 - Certain ADSMs who require emergency dental care

Note: Non-remote OCONUS ADSMs aren't eligible for the ADDP. They get their care from their assigned military dental clinic.

- To see a civilian dentist through the ADDP, an Appointment Control Number, or ACN, is required. You can get an ACN on the ADDP website at www.addp-ucci.com. You can also call United Concordia at **866-984-2337** (CONUS) or **844-653-4058** (OCONUS). Country-specific access codes are available at the ADDP website.

Note: You must be eligible for the ADDP at the time you get dental care. If you aren't eligible, you'll be responsible for all costs related to the care you received under the ADDP.

- For more information about ADDP, visit 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.

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- To be eligible for ADDP in a CONUS location, the ADSM must work and lives more than 50 miles from a military dental clinic in the ADDP CONUS service area.
- If you're in a CONUS location, you must use a United Concordia network dentist to receive ADDP-covered dental care. You can find a list of network dentists on the ADDP website.
 - If you can't locate a network dentist, call United Concordia at **866-984-2337**.
 - If you choose to use a non-network dentist without pre-approval, you'll be responsible for all costs related to your dental care.
- In CONUS locations, you must have an Appointment Control Number, or ACN, from United Concordia before getting nonemergency care.
 - You can get an ACN on the ADDP website at www.addp-ucci.com.
 - You can also call United Concordia at **866-984-2337**.
- You can coordinate routine dental care after you get an ACN.
- If you need specialty or other dental care, you need an authorization from your civilian dentist before scheduling your dental care.
- If you need emergency dental care, you don't need an authorization or ACN.
- For a list of covered services and costs, visit the ADDP website.
 - Not all dental procedures are covered under the ADDP. If you elect to receive non-covered services, you'll be responsible for payment.

Note: You must be eligible for the ADDP at the time you get dental care. If you aren't eligible, you'll be responsible for all costs related to the care you received under the ADDP.

- If you're referred by a military dentist, he or she should submit a referral to United Concordia. Once the referral is completed,

your military dental clinic will decide who will make the appointment.

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.

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- To be eligible for ADDP, you must be enrolled in TRICARE Prime Remote Overseas.

Note: Non-remote OCONUS ADSMs aren't eligible for the ADDP. They get their care from their assigned military dental clinic.

- With ADDP, you can see any dentist, but it's recommended that you contact United Concordia for assistance in making an appointment.
 - To find a dentist, call United Concordia at **844-653-4058**. You can find country-specific access codes at www.addp-ucci.com.
 - You can also find a list of TRICARE OCONUS Preferred Dentists on the ADDP website.
- In OCONUS locations, you must have an Appointment Control Number, or ACN, from United Concordia before getting nonemergency care.
 - You can get an ACN on the ADDP website at www.addp-ucci.com.
 - You can also call United Concordia at **844-653-4058**.
- You can coordinate routine dental care after you get an ACN. However, you should first call United Concordia.
 - United Concordia will verify your eligibility, give you an ACN, and coordinate all aspects of your care.
- If you need specialty or other dental care, you need an authorization from your civilian dentist before scheduling your dental care. If you need emergency dental care, you don't need an authorization or ACN.
- Specialty and other dental care includes all specialty care and any care that is \$750 (U.S. dollars) or more per procedure or appointment or exceeds \$1,500 (U.S. dollars) for treatment plans completed within a consecutive 12-month period.
- For a list of covered services and costs, visit the ADDP website. Not all dental procedures are covered under the ADDP. If you elect to receive non-covered services, you'll be responsible for payment.

Note: You must be eligible for the ADDP at the time you get dental care. If you aren't eligible, you'll be responsible for all costs related to the care you received under the ADDP.

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)

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- If your family is enrolled in the TRICARE Dental Program, or TDP, it is **not** necessary to disenroll them when you move. The TDP is a worldwide program.
- When you arrive at your new duty station, you or your family members should notify the TDP plan administrator, United Concordia, of your new address and other contact information.
- You can find a TDP participating dentist by visiting the website or calling United Concordia.

Other Important Information

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- **Optional Presenter Comment: We'll now discuss 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

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- TRICARE offers prescription drug coverage and many options for filling your prescriptions. Your options depend on the type of drug your provider prescribes. The TRICARE pharmacy benefit is administered by Express Scripts. To learn more, visit <https://militaryrx.express-scripts.com> or call **877-363-1303**.
- You have the same pharmacy coverage with any TRICARE program option. If you have USFHP, you have separate pharmacy coverage.
- To fill a prescription, you need a prescription and a valid uniformed services ID card or Common Access Card.
- This slide shows the options that may be available for filling your prescriptions:
 - Military pharmacies are usually inside military hospitals and clinics. Call your local military pharmacy to check if your drug is available. Visit www.tricare.mil/militarypharmacy for more information.
 - The TRICARE Pharmacy Home Delivery option must be used for some drugs. You'll pay one copayment for each 90-day supply. For more information on switching to home delivery, visit <https://militaryrx.express-scripts.com> or call **877-363-1303**.
 - You may fill prescriptions at TRICARE retail network pharmacies without having to submit a claim. You'll pay one copayment for each 30-day supply. Visit www.tricare.mil/networkpharmacy to find a TRICARE retail network pharmacy.
 - At non-network pharmacies, you pay the full price for your drug up front and file a claim to get a portion of your money back.
- Your pharmacy will most often fill your prescription with a generic drug. If you need a brand-name drug, your provider can send a request to Express Scripts.
- For more information and costs, visit www.tricare.mil/pharmacy.

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.



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- The Affordable Care Act, or ACA, requires most Americans to maintain basic health care coverage, called minimum essential coverage.
- Most TRICARE plans meet the Affordable Care Act requirement for minimum essential coverage.
- Each tax year, you'll get an Internal Revenue Service, or IRS, Form 1095 from your pay center. It will list your TRICARE coverage status for each month. If your military pay is administered by the Defense Finance and Accounting Service, or DFAS, you can opt in to get your tax forms electronically through your DFAS myPay account. For more information, visit <https://mypay.dfas.mil>.
- For more information about the IRS tax forms, visit www.irs.gov.

Your Checklist

- **Optional Presenter Comment:** We'll now discuss 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.

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- The checklist shown here summarizes the key steps you need to take before a permanent change of station move.

Note to Presenter: It's recommended that you walk through this list with your audience to review the key action items.

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.

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- To maintain your TRICARE coverage, you must take these key steps during and after a permanent change-of-station move.

Note to Presenter: It's recommended that you walk through this list with your audience to review the key action items.

For Information and Assistance

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- **Optional Presenter Comment:** The next slide provides contact information that may be helpful to you for using your TRICARE benefit.

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

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- This slide shows contact information for stateside and overseas regional contractors. Remember, your contractor point of contact is based on where you live.
- Contact information for the Active Duty Dental Program and the TRICARE Dental Program contractor is also here.

Resources

- TRICARE Website: www.tricare.mil



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

- Lastly, here are a few important information resources.