

TRICARE® Select

An Overview of Your TRICARE Select Benefit

TRICARE is managed by the Defense Health Agency. DHA and TRICARE are registered trademarks of the Department of Defense, Defense Health Agency. All rights reserved.



Today's Agenda

- What Is TRICARE?
- TRICARE Plan Options
- TRICARE Select
 - Getting Care
 - Costs
 - Enrollment
- Other Important Information
- For Information and Assistance

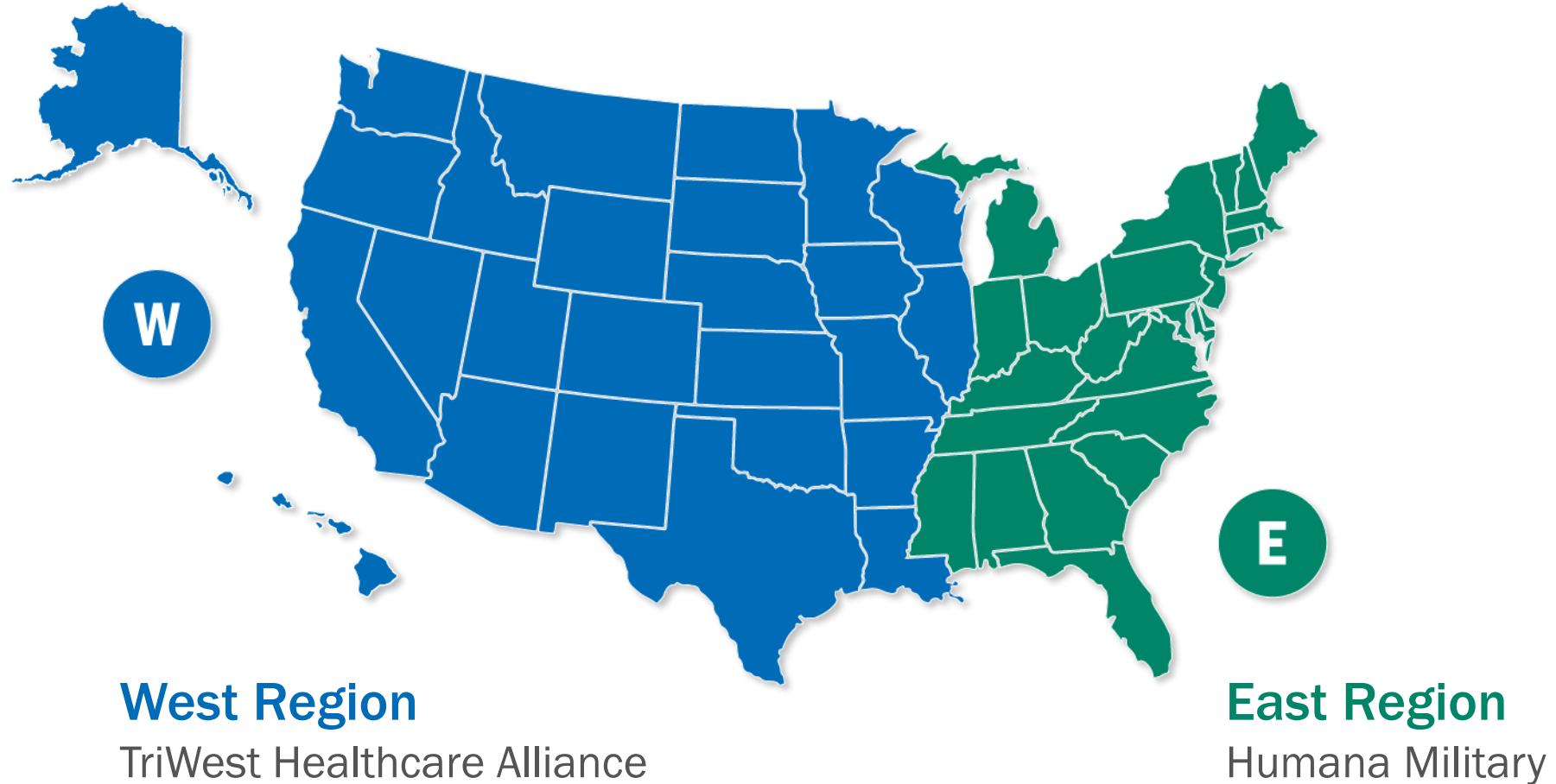
What Is TRICARE?

What Is TRICARE?



- TRICARE is the health care program for the U.S. Department of Defense. It consists of:
 - Direct care
 - Civilian care
- TRICARE® is the brand name for the U.S. Military Health System.

TRICARE Stateside Regions



West Region

TriWest Healthcare Alliance

East Region

Humana Military

TRICARE Plan Options

TRICARE Health Plans

Those Eligible for TRICARE	Stateside TRICARE Plan Options
Active duty service members	<ul style="list-style-type: none"> • TRICARE Prime • TRICARE Prime Remote
Active duty family members and family members of National Guard and Reserve members, NGR members on active duty orders for more than 30 days	<ul style="list-style-type: none"> • TRICARE Prime • TRICARE Prime Remote • TRICARE Select • TRICARE For Life • US Family Health Plan • TRICARE Young Adult
NGR members, retired Reservists, and their family members	<ul style="list-style-type: none"> • TRICARE Reserve Select • TRICARE Retired Reserve • TYA
Retired service members and their family members, retired Reservist (at age 60) and their family members, Medal of Honor recipients and their family members, survivors, and eligible former spouses	<ul style="list-style-type: none"> • TRICARE Prime • TRICARE Select • TFL • USFHP • TYA

TRICARE Premium-Based Plans

- All TRICARE premium-based plans offer coverage similar to TRICARE Select.
- These include:
 - TRICARE Reserve Select
 - TRICARE Retired Reserve
 - TRICARE Young Adult (TRICARE Select option)
- Visit www.tricare.mil/plans for more information.

TRICARE Select

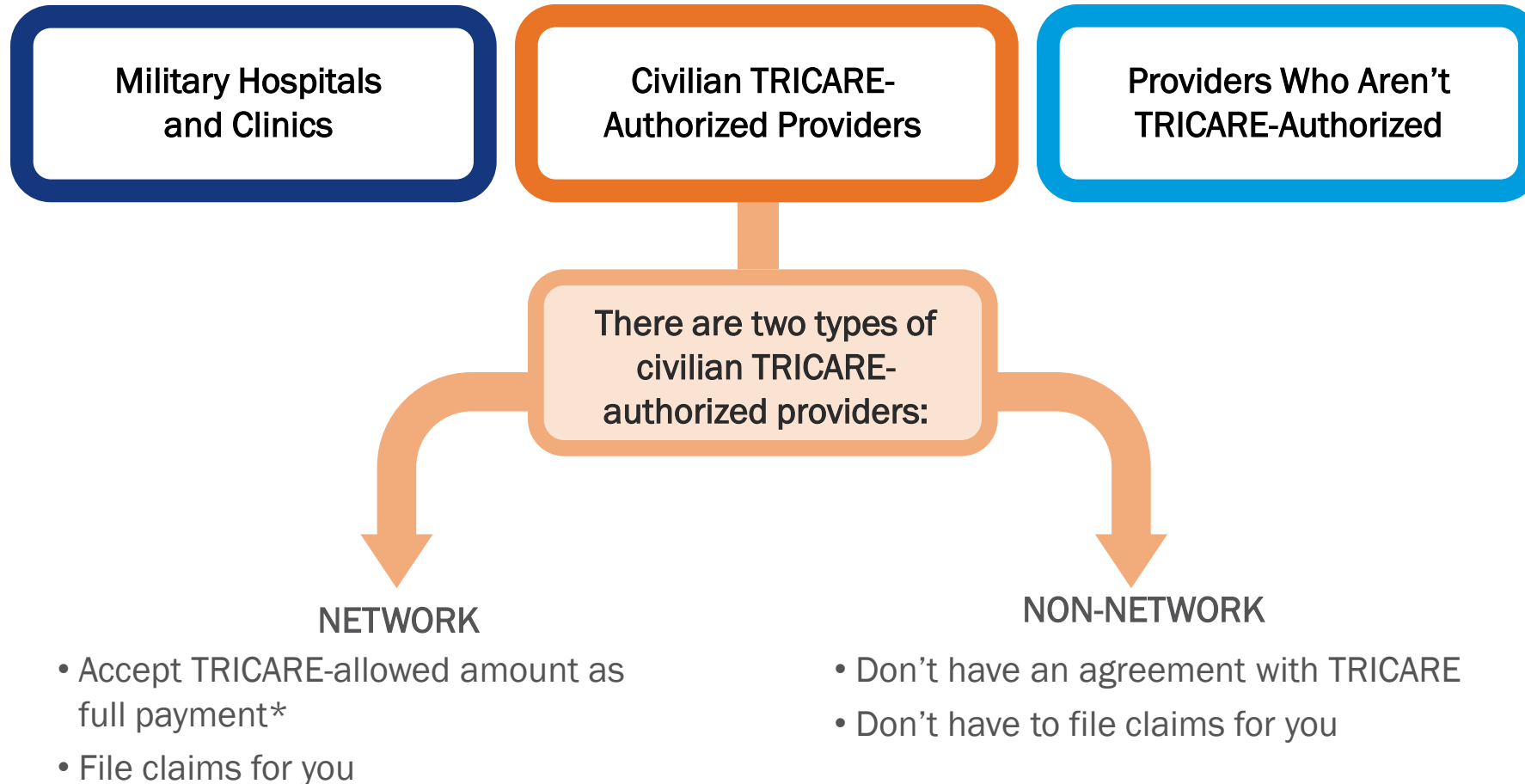
TRICARE Select

- Enrollment required
- Freedom to choose providers
- Referrals not required for most services
- Some services may require pre-authorization
- Copayments, cost-shares, and yearly deductible apply
- May have to file your own claims

TRICARE Select: Getting Care

- With TRICARE Select, find a TRICARE-authorized provider (network or non-network):
 - Call your regional contractor.
 - Go to www.tricare.mil/finddoctor.
- Ask your provider's office if they accept TRICARE.
 - If not, invite the provider to become TRICARE-authorized.
 - Give the provider your regional contractor's phone number or send him or her to www.tricare.mil/providers.

Provider Types



Beneficiary Categories: Group A and Group B

- All beneficiaries fall into one of two categories based on when you or your sponsor entered the uniformed services.

Group A

If your or your sponsor's initial enlistment or appointment occurred **before** Jan. 1, 2018

Group B

If your or your sponsor's initial enlistment or appointment occurred **on or after** Jan. 1, 2018

- The groups pay different costs and fees.
 - All beneficiaries enrolled in a premium-based plan (TRICARE Reserve Select, TRICARE Retired Reserve, TRICARE Young Adult, or the Continued Health Care Benefit Program) follow Group B deductibles, cost-shares, and catastrophic caps, regardless of initial enlistment or appointment date.

TRICARE Select Enrollment

- Three ways to enroll (www.tricare.mil/enroll):
 - Enroll on the Beneficiary Web Enrollment website at: <https://milconnect.dmdc.osd.mil>.
 - Call your regional contractor.
 - Fill out the TRICARE Select enrollment form for your region: www.tricare.mil/forms.

TRICARE Select Deductibles

Beneficiary Category	Outpatient Deductibles: Group A	Outpatient Deductibles: Group B
ADFMs (pay grades E-4 and below)	\$50/Individual; \$100/Family	\$66/Individual; \$132/Family
ADFMs (pay grades E-5 and above)	\$150/Individual; \$300/Family	\$198/Individual; \$397/Family
Retired service members, their family members, and all others	\$150/Individual; \$300/Family	Individual: \$198 (network); \$397 (out-of-network) Family: \$397 (network); \$794 (out-of-network)

Note: Outpatient deductibles for family members of National Guard and Reserve members called or ordered to active service for more than 30 days for a federal preplanned mission or in support of a contingency operation is \$0.

Other Important Information

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.

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



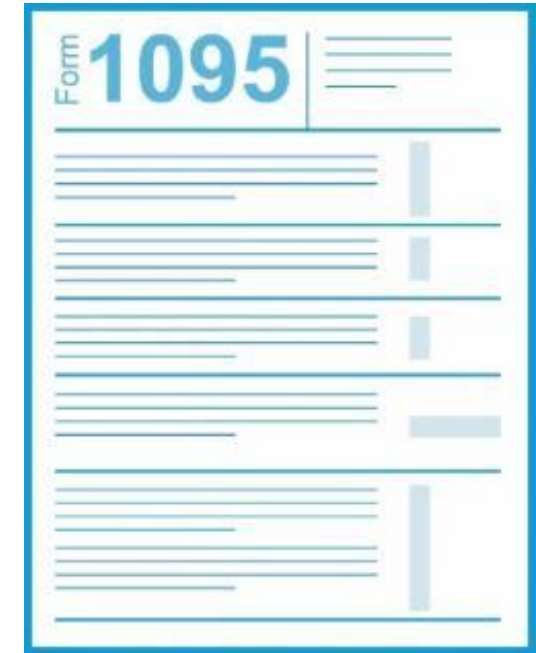
- Pay full price up front and file a claim to get a portion of your money back
- Get up to a 30-day supply

TRICARE Dental Program Options

- You have different dental options based on your beneficiary group:
 - Military dental clinics for ADSMs
 - TRICARE Active Duty Dental Program
 - TRICARE Dental Program
 - Federal Employees Dental and Vision Insurance Program
- Enrollment needed for the TDP
- For each program, if you can't find a network provider within 35 miles, contact the applicable contractor for help in locating a network provider.

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, the word "Form" is written vertically, followed by the large number "1095". To the right of the number are several horizontal lines representing text fields. Below this header, the form is divided into several sections by horizontal lines, with some sections containing vertical bars or additional lines, suggesting a table or structured data layout. The overall appearance is that of a simplified, schematic version of the actual tax form.

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/>