



Updated June 2019

TRICARE® Benefits/Programs for National Guard and Reserve Members during Retirement

Your Options For Care After Retirement

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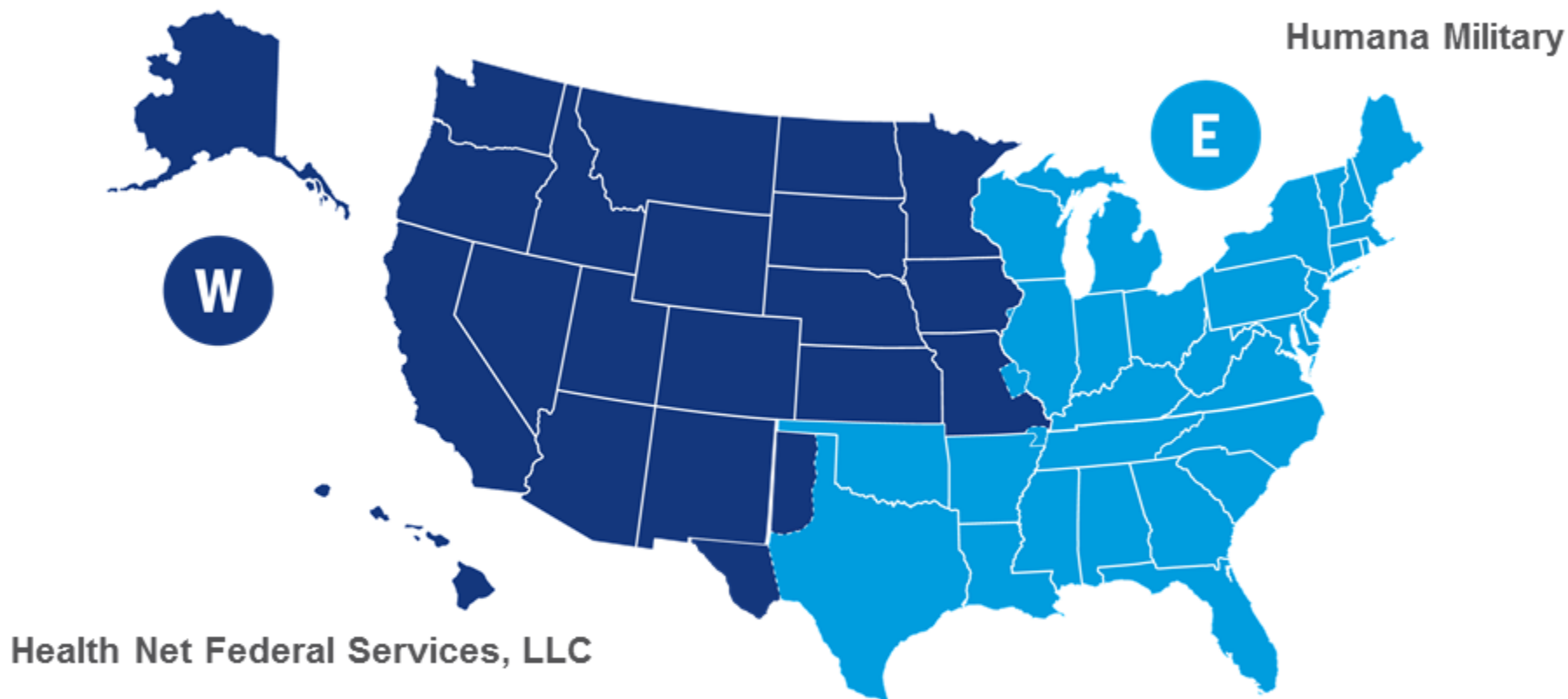
What Is TRICARE?



- Uniformed services health care program
- Worldwide network
 - Military hospitals and clinics
 - Civilian health care providers



TRICARE Stateside Regions



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**. Find an office at www.dmdc.osd.mil/rsl.

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



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



Call **1-800-538-9552**.



Fax **1-800-336-4416**.

Retired Reserve Coverage Timeline

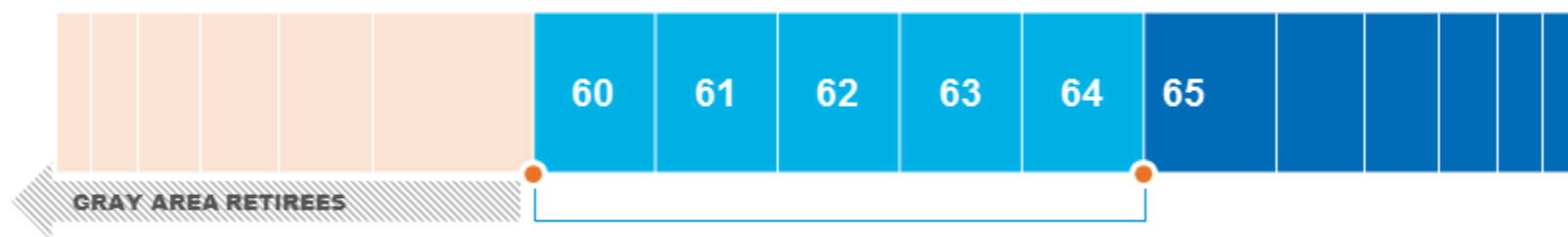
National Guard or Reserve Retirement

Under age 60

Retired Reserve members may qualify to purchase TRR

Age 65 and above*

Begin TRICARE For Life



Ages 60-64*

Eligible for TRICARE Select and TRICARE Prime where available

- * If you become Medicare-eligible due to disability, you may transition to TRICARE For Life as early as age 60.

Today's **AGENDA**

What Is TRICARE?

TRICARE Program Options:

Under Age 60

Ages 60-64

Age 65 and Older

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For Information and Assistance

Step 1—Qualify

TRICARE Retired Reserve® (TRR)

- Retired Reserve members may qualify for TRR if they are:
 - Not eligible for or enrolled in Federal Employees Health Benefits (FEHB) Program
 - For more information, visit **www.tricare.mil**.

Step 2—Purchase

TRICARE Retired Reserve® (TRR)

Purchase TRR:

- Online by using Beneficiary Web Enrollment (BWE)
- By mailing a completed and signed *Reserve Component Health Coverage Request Form* (DD Form 2896-1) form to your regional contractor
 - Include initial premium payment
- By calling your regional contractor

Note: BWE is not available overseas. Submit purchase request via phone or in person at a TRICARE Service Center.

For TRR, if enrolled in another TRICARE program, submit a TRR request within 90 days of the other TRICARE program ending to ensure continuous coverage.

TRR Coverage

- Member-only or member-and-family TRR coverage may be purchased for:
 - Qualified Retired Reserve members
 - Their eligible family members
 - Survivors
- Survivors of TRR members may purchase or continue coverage until the date the deceased sponsor would have reached age 60.
- For more information, go to **www.tricare.mil/retiring**.



TRR: Getting Care (continued)

- Locate a network or non-network TRICARE-authorized provider:
 - Go to **www.tricare.mil/findaprovider** or call your regional contractor.
 - Ask your provider's office if they accept TRICARE.
 - If not, invite the provider to become TRICARE-authorized.
 - Give your regional contractor's phone number to the provider or send him or her to **www.tricare.mil/providers**.

TRR Costs

- Monthly premiums (per calendar year [CY]):
 - Go to **www.tricare.mil/costs**.
- Annual deductible: \$150 per individual or \$300 per family (Group B has both network and out-of-network deductibles)
- Cost-shares apply for covered services and vary depending on the type of provider (network or non-network).
- Catastrophic cap: \$3,500 per family per CY for covered medical services
- For the most up-to-date cost information, visit **www.tricare.mil/costs**.

Note: All ongoing monthly premium payments must be made by either automatic electronic funds transfer or automatic charge to a credit or debit card.

TRICARE Young Adult (TYA)

- Available to qualified unmarried dependents of TRR sponsors (under age 60) who are:
 - At least age 21, but not yet age 26
 - Not eligible to enroll in an employer-sponsored health plan
 - Not otherwise eligible for TRICARE program coverage
 - Not a uniformed service sponsor (for example, a member of the Selected Reserve)
- For TYA qualification, cost and enrollment information, go to **www.tricare.mil/tya**.



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Coverage Options Upon Turning Age 60

- Upon turning age 60 and collecting retirement pay, TRR members are disenrolled from TRR and may be eligible for other TRICARE programs as retirees, such as:
 - TRICARE Select or TRICARE Prime (if in a PSA), including the US Family Health Plan (USFHP)
 - TFL
- If you want to enroll in a TRICARE Prime option or TRICARE Select, you must elect to enroll within 90 days of the day you turn 60.
- If entitled to premium-free Medicare Part A at age 60 or older, Retired Reserve members must also have Medicare Part B to be TRICARE-eligible. Before age 65, beneficiaries have the option to use TRICARE Prime or TFL. At age 65, coverage transitions to TFL.

TRICARE Select

- Enrollment is required.
- Yearly deductible and cost-shares apply.
 - Go to **www.tricare.mil/costs**.
- Save money by seeing a TRICARE-authorized network provider.
- Prior authorization is required for some services.
 - Check your regional contractor's website.
- For more information, go to **www.tricare.mil/select**



Getting Care: TRICARE Select

- Select any network or non-network TRICARE-authorized provider. You will typically pay higher out-of-pocket costs for non-network providers.
- TRICARE network providers:
 - Accept TRICARE as the full payment for covered services
 - File claims for you
 - Offers copayments instead of cost-shares for most outpatient visits
- Space-available care at military hospitals and clinics
- If traveling or moving:
 - **Routine care:** Get care before traveling.
 - **Urgent care:** Call your Primary Care Manager (PCM) or regional contractor for assistance.
 - **Emergency care:** Call 911 or go to the closest emergency room.
 - **Seasonal moves:** Consider transferring enrollment.

TRICARE Prime

- TRICARE Prime is available to beneficiaries living in Prime Service Areas (PSAs) in the U.S. and areas near military hospitals or clinics overseas.
- Annual enrollment is required.
- Assigned a PCM.
- Get PCM referral for civilian specialty care (otherwise, higher costs apply).
- If desired, you must elect to enroll within 90 days of the date the sponsor turns (or would have) turned age 60.
- For more information, go to **www.tricare.mil/prime**.

Getting Care: TRICARE Prime

- Enroll with a:
 - Military hospital or clinic (space permitting)
 - Civilian TRICARE network provider within a PSA
 - Primary care health care provider in the USFHP, depending on your location and sponsor status
- If traveling or moving:
 - **Routine care:** Get care before traveling.
 - **Urgent care:** Call your PCM or regional contractor for assistance.
 - **Emergency care:** Call 911 or go to the closest emergency room.
 - **Seasonal moves:** Consider transferring enrollment.

Enroll in TRICARE Select or TRICARE Prime

- There are three ways to enroll:
 - **Online** (stateside only): Enroll using BWE.
 - **By phone**: Call your regional contractor.
 - **By mail**: Download either the TRICARE Select or TRICARE Prime form and submit it to your regional contractor. Forms are available at **www.tricare.mil/forms**.
- For enrollment fees, premium amounts and copayments, go to **www.tricare.mil/costs**.

Note: TRICARE Prime Remote coverage options aren't available after retirement.

TRICARE Prime

Point-of-Service Option

- Point-of-service (POS) option:
 - Applies when nonemergency care is provided by a TRICARE-authorized provider without a PCM referral
 - Results in higher out-of-pocket costs
- TRICARE pays only if the provider is TRICARE-authorized and services are covered by TRICARE.
- Contact your PCM for a referral when seeking nonemergency care to avoid POS charges.
- POS deductibles per CY: **\$300/individual; \$600/family**
 - TRICARE pays 50 percent of the TRICARE-allowable charge.

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Coverage Options Upon Becoming Medicare-Eligible

- To remain eligible for TRICARE, you must be entitled to Medicare Part A and have Medicare Part B.
 - Pay for and enroll in Medicare Part B
- Beneficiaries under age 65 who are entitled to Medicare Part A and have Part B may:
 - Enroll in TRICARE Prime (enrollment fee waived)
 - Be covered by TFL
- Retirees with Medicare coverage are generally not eligible to enroll in TRICARE Select.
- For Medicare Part B information, go to:
 - **www.ssa.gov**
 - **www.medicare.gov**

TRICARE For Life

TFL is Medicare-wraparound coverage for TRICARE beneficiaries who are entitled to Medicare Part A and have Medicare Part B, regardless of age or place of residence.

- Beneficiaries entitled to Medicare Part A and who have Medicare Part B:
 - Are automatically covered under TFL. There are no enrollment forms or enrollment fees.
 - Should get a new uniformed services ID card at age 65.
 - May get care from any Medicare-participating, nonparticipating or opt-out provider, or military hospital or clinic if space is available.
- For more information on TFL, go to **www.tricare.mil/tfl** or call **1-866-773-0404**.

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TRICARE and Other Health Insurance

- Other health insurance (OHI) is considered your primary health insurance.
- For services covered by Medicare, OHI and TFL, Medicare pays first, your OHI pays second and TRICARE pays last.
- After your OHI pays, TRICARE will pay the lesser of:
 - The billed amount, minus the payment from your OHI
 - The amount TRICARE would have paid without OHI
 - The OHI copayment or deductible
- If you have OHI:
 - Fill out a *TRICARE Other Health Insurance Questionnaire*: **www.tricare.mil/forms**.
 - Follow the referral and authorization rules for your OHI.
 - Tell your provider about your OHI and TRICARE.

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

Federal Employees Dental and Vision Insurance Program (FEDVIP) Options

The U.S. Office of Personnel Management offers eligible TRICARE beneficiaries the option to enroll in a FEDVIP dental plan.

- FEDVIP offers a range of plans from a number of dental plans.
- FEDVIP dental coverage is available to:
 - Retired service members and their eligible family members
 - Certain retired National Guard and Reserve members and their family members.
 - Certain survivors
 - Medal of Honor recipients and their immediate family members or survivors.
- Former spouses and remarried surviving spouses don't qualify to purchase dental coverage.

For FEDVIP plan and enrollment information, visit www.benefeds.com.



FEDVIP Vision Options

- Retirees, their eligible family members, and active duty family members enrolled in a TRICARE health plan may qualify to purchase vision coverage through FEDVIP.
- Eligible beneficiaries include those enrolled in or using:
 - TRICARE Prime, including USFHP
 - TRICARE Select
 - TRS
 - TRR
 - TFL
- FEVIP vision coverage is available to:
 - Active duty family members
 - Retired service members and their eligible family members
 - National Guard and Reserve members and eligible family members

Visit **www.benefeds.com** for eligibility, plan, and enrollment information.

The Affordable Care Act

TRICARE meets the minimum essential coverage requirement under the Affordable Care Act (ACA).



Each tax year, you will get an Internal Revenue Service (IRS) Form 1095 from your pay center. It will list your TRICARE coverage for each month.



Your Social Security number (SSN) and the SSNs of each of your covered family members should be included in DEERS for your TRICARE coverage to be reflected accurately.

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Stateside Regional Contractors

E

TRICARE East Region

Humana Military
1-800-444-5445
HumanaMilitary.com
www.tricare-east.com

W

TRICARE West Region

Health Net Federal Services, LLC
1-844-866-WEST (1-844-866-9378)
www.tricare-west.com



Overseas Regional Contractor

O

TRICARE Overseas Program (TOP)

International SOS
Government Services, Inc.
www.tricare-overseas.com

TOP Regional Call Centers

Eurasia-Africa

+44-20-8762-8384 (overseas)
1-877-678-1207 (stateside)

Medical Assistance: +44-20-8762-8133

Latin America and Canada

+1-215-942-8393 (overseas)
1-877-451-8659 (stateside)

Medical Assistance: +1-215-942-8320

Pacific

Singapore: +65-6339-2676 (overseas)
1-877-678-1208 (stateside)

Sydney: +61-2-9273-2710 (overseas)
1-877-678-1209 (stateside)

Medical Assistance:

Singapore: +65-6338-9277
Sydney: +61-2-9273-2760

Additional Contacts

Exceptional Family Member Program

www.militaryonesource.mil/efmp

Extended Care Health Option

www.tricare.mil/echo

Autism Care Demonstration

www.tricare.mil/autism

More Resources

TRICARE Website

www.tricare.mil

Publications

www.tricare.mil/publications

Connect with TRICARE



www.tricare.mil/media