

Tamp 180

The Transitional Assistance Management Program provides 180 days of health care benefits after regular TRICARE benefits end (begins the day after the end date on your DD214). These benefits help with your transition. You also don't have to pay any premiums for TAMP. You and your family members are eligible.

You aren't eligible for TAMP while on terminal leave. During terminal leave, you continue to get active duty benefits and your family members stay covered under TRICARE Prime, TRICARE Prime Remote, or TRICARE Select.

If you believe you've experienced or worsened an injury, illness, or disease while on active duty, quickly contact your unit or service for information or assistance with medical or dental care.

Does not cover dental or vision.

*Soldiers that live within 50 miles (IPPS-A HOR) of a Military Treatment Facility need to be seen at that facility.

Dental: United Concordia

Request a United Concordia control number while using leave or on Tamp 180. Provide this to a dentist that is in network (ask when making an appointment).

For any MOB related medical issues you plan to seek care for, please have at least the first appointment while you're still on orders. This will make it possible to work any necessary LODs. LOD's need to be started by FTUS in MED CHART within 180 days of the last day on your DD214.

Useful Websites

Tricare - <https://tricare.mil/>

United Concordia - <https://secure.addp-ucci.com/daddap/public/acnform.xhtml>

Care Coordinators for the State of Iowa

April Smith – Case Manager
april.l.smith155.ctr@army.mil
(515)-252-4984

Hanna Wilson – Brigade HQ
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515-252-4301

Sue Hayward – 168 / 194
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(515) 252-4740

Jake Grim – 224 / BSB E Co.
jake.t.grim.ctr@army.mil
515-252-4041

Lori Wilson – 113 / 133
lori.g.wilson.ctr@army.mil
(515) 252-4363 X 4363

Kelly Brewster – BSB A Co / C Co
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(515) 252-4979

Health Services Section (HSS)

CW3 Tyson Brian
HSS OIC
tyson.w.brian.mil@army.mil
(515)334-2879

SSG Jennifer Berry
HSS NCO
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(515)252-4699

Forward information to your Care Coordinator when it pertains to x-rays, scans, cardiac testing, treatment plans, surgeries, therapy, or consultations for injuries or illnesses from your deployment. Feel free to reach out with questions or concerns.

It is essential your Care Coordinator receives medical information to facilitate the processing of LODs, physical restrictions, and recovery. We can't help if we don't know!

Behavioral Health

Caitlin Rowe
Psychological Health Program Manager
caitlin.l.rowe.civ@army.mil
(515) 334-2748

Jaquelinne Mendoza Ruiz
Care Coordinator
jaquelinne.mendozaruiz.ctr@army.mil

Some Soldiers have already been identified by leadership and/or forward medical providers as potentially needing mental health resources upon return home. In order to provide continuity of care between the military and the VA, your local VA M2VA Coordinator may reach out to you to offer you assistance getting connected with VA or other healthcare services, even if you did not see behavioral health during demobilization. This was done out of an abundance of caution to ensure that you are immediately aware of the resources available to you.