

TRICARE Web Site Has a New Look

If you haven't visited TRICARE's Web site lately, you may be surprised the next time you type www.TRICARE.mil into the address bar of your Web browser.

Gone is the familiar home page covered in links to all aspects of TRICARE that could, at times, be confusing and difficult to navigate.

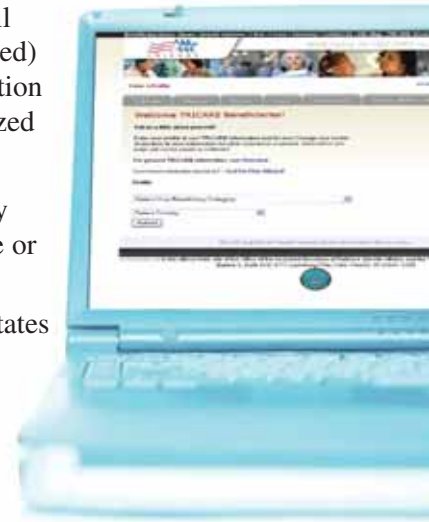
The "My Benefit" section of the new TRICARE.mil is completely redesigned. The goal of the redesign is to reduce the amount of information you have to sift through, giving you only the information you need to help you make your health care decisions.

There is no registration required and no user names or passwords to remember. Personal identification information will not be collected when you use the new TRICARE.mil and your profile will not be saved. You can search the site

without a profile; however, you may be prompted to create one so you can receive information specific to you.

When you go to TRICARE.mil you'll be asked (but not required) to enter the following information to access information customized just for you:

- Who you are: sponsor, family member, active duty, Reserve or retired
- Where you are: the United States (including ZIP code) or overseas
- Which TRICARE plan you use



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The Doctor is in ... Play It Safe This Summer: Protect Your Eyes

Dr. Jack Smith
*Acting Deputy Assistant Secretary
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Here at TRICARE, we would like to remind you that the best way to prevent eye injury is to always wear appropriate eye protection. In addition to the proper safety eyewear, early detection and treatment of eye conditions and diseases are essential for maintaining good vision at every stage of life.

Your eyes need extra protection in the summer months, and long-term ultraviolet exposure may lead to cataracts. Here are some tips for protecting your eyes from ultraviolet-related damage:

- Wear a brimmed hat.
- Wear sunglasses that block 99 to 100 percent of UVA and UVB rays. (UVA is radiation in the area of the ultraviolet spectrum that extends from about 320 to 400 nanometers [nm] in wavelength, and causes tanning and contributes to aging of the skin. UVB is radiation in the area of the ultraviolet spectrum that extends from about 280 to 320 nm in wavelength, and is primarily responsible for sunburn, aging of the skin and skin cancer.)

- Wear sunglasses that wrap around your temples for better protection, or goggles if you spend time in the water.
- Protect your eyes when ultraviolet light is most intense, usually from 10:00 a.m. to 2:00 p.m.
- Protect your eyes whenever you're outside for a prolonged period—even when it's gray and overcast.
- Don't forget the kids—protect their eyes with hats and sunglasses, too!

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The Doctor is in ...

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In addition to sunglasses for ultraviolet protection, you should wear safety glasses whenever working with any tool that might cause debris to get in your eyes: lawn mowers, leaf blowers and chain saws, for example.

If you have questions about your TRICARE vision benefit, please read the vision benefit fact sheet at www.tricare.mil/Factsheets/viewfactsheet.cfm?id=264 or contact Humana Military at 1-800-444-5445. Additionally, a Beneficiary

Counseling and Assistance Coordinator may be able to provide you with more information, and special vision programs may exist at military treatment facilities (MTFs). Please contact the closest MTF for specific information. ■

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Another new feature of TRICARE.mil is the “Plan Wizard.” The Plan Wizard can help you figure out which TRICARE plans you may be eligible for by answering a few simple questions (between five and 17).

You can also compare your health care options to determine which plan—for example, TRICARE Prime versus TRICARE Standard and TRICARE Extra—offers you and your family the best health care coverage. Once you select the plans you want to look at, you’ll get a side-by-side comparison of your options.

If you’re wondering if a service or procedure is covered by TRICARE, go to the “Is it covered?” section to find out. Select the “Medical” tab and then “Is it covered?” from the top line menu. You can then enter your search term or choose from the available list to find out if it is covered.

The next time you have a question about your health care, visit www.TRICARE.mil, the most comprehensive source of information on your TRICARE benefit. ■

Did You Retire, Move or Have a Baby?

Remember to Update DEERS

Whenver you experience a life changing event, such as marriage, divorce, birth, adoption or a sponsor status change, it is essential that you update your information in the Defense Enrollment Eligibility Reporting System (DEERS) so you don’t delay or lose TRICARE coverage.

You can verify and update DEERS in one of the following ways:

IN PERSON

To add or delete family members, visit your local uniformed service personnel office. Visit www.dmdc.osd.mil/rsl/owa/home to find one near you. Be sure to call the office first to verify location and business hours.

PHONE

Call the Defense Manpower Data Center Support Office (DSO) at 1-800-538-9552 to update your address, e-mail address and phone number(s).

FAX

Fax address, e-mail address or phone number change to the DSO at 1-831-655-8317.

MAIL

Mail changes to the DSO at:

Defense Manpower Data Center
Support Office
Attn: COA
400 Gigling Road
Seaside, CA 93955-6771

ONLINE

Visit www.tricare.mil/DEERS and follow the steps to update your address, e-mail address and phone number(s) online.

Proper registration in DEERS is key to maintaining you and your family’s eligibility for TRICARE benefits. ■

TRICARE Prime Split Enrollment

An Option for College Students

Did you know that your child's coverage in TRICARE Prime doesn't have to end simply because he or she is moving away to college? If your child will be attending college where TRICARE Prime is offered, then he or she can continue to utilize TRICARE Prime benefits.

If the college your child is attending is not in a TRICARE Prime service area or in a US Family Health Plan location, he or she should use TRICARE Standard or TRICARE Extra to minimize out-of-pocket expenses. However, if your child chooses to retain his or her Prime enrollment status rather than using Standard or Extra, he or she will be subject to point of service charges for any care received without a referral from his or her primary care manager (PCM).

TRICARE Prime split enrollment offers you the option of having your college-age student enrolled in one region while the rest of your family lives and remains enrolled in another region. If you decide that split enrollment is the right option for you and your college student, here are some important points to remember:

- If you are an active duty service member, you may transfer enrollment as often as necessary.
- To be considered eligible, you must inform both regions of your family's split enrollment status.
- Don't forget to complete and sign an enrollment application or change request form and submit it to the appropriate contractor in the region where your son or daughter attends school. This is required if you wish to change the enrollment location.
- Enrollment fees are coordinated by the contractors. They are also responsible for sending statements to the designated payers.

- Student enrollment in TRICARE Prime is automatically renewed after one year unless the renewal offer is declined.

What should my child know before receiving care?

Once enrolled, TRICARE Prime split enrollees should always seek care from their PCM, except in the event of an emergency. If your child needs to see a specialist, make sure that he or she knows that TRICARE Prime referral and authorization rules still apply. If the beneficiary sees a provider other than his or her assigned PCM without prior authorization, the TRICARE point of service option applies, resulting in higher out-of-pocket costs.

Is my child covered while traveling?

TRICARE Prime coverage remains intact for emergencies if your child decides to travel. However, routine appointments are not covered while traveling. If an emergency occurs, have your child contact his or her PCM within 24 hours to ensure that the claim is paid properly.

For more information on split enrollment, visit www.tricare.mil or contact your local TRICARE Service Center or military treatment facility Beneficiary Counseling and Assistance Coordinator. ■



Canceling Your Appointment

If you need to cancel your scheduled appointment, please contact your provider within the appropriate timeframe. Usually, provider's offices require notice 24 to 48 hours prior. In many specialties, such as pediatrics, appointments are in high demand—your early cancellation will give another patient the opportunity to have access to timely medical care.

Your provider may have specific policies regarding cancelled or missed appointments. It is important to be

aware of these policies for each one of your providers. Many providers charge a missed appointment fee, for which you are responsible, as this is not covered by TRICARE.

There are no fees involved with missed military treatment facility appointments. However, please call at least one day in advance to cancel your appointment to allow someone else to receive medical treatment. ■

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- ## TRICARE
- ### An Excellent Value
- Generous coverage
 - Superior health care
 - Decisions are health driven, not insurance driven
 - High satisfaction with care
 - Low out-of-pocket costs
 - Easy access

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Health Matters is published by the TRICARE Management Activity. Please provide feedback at www.tricare.mil/evaluations/feedback.



New Policy for Non-Medical Attendant Travel Reimbursement

If you are traveling with a family member on their way to receive specialty care, you should be aware of a recent change to the travel reimbursement procedure.

Since April 1, the Defense Finance and Accounting Service requires that all lodging claims for overnight stays for non-medical attendants (NMAs) traveling with TRICARE Prime beneficiaries be submitted on DD Form 1351-2 *Travel Voucher or Subvoucher*, and DD Form 1351-3 *Statement of Actual Expenses*. **Note:** Receipts are now required for all claimed expenditures.

When filling out DD Form 1351-2, “Specialty Care” should be placed in the block just to the right of block 15.f.

Previously, NMAs could submit a request for lodging reimbursement using the SF 1164 *Claim for Reimbursement for Expenditures on Official Business* form. However, beneficiaries can still use SF 1164 for travel

that does not require overnight stays.

TRICARE Prime beneficiaries who are referred by their primary care manager (PCM) for services at a location more than 100 miles from their PCM may be eligible to have reasonable travel expenses reimbursed by TRICARE. This benefit is available to non-active duty TRICARE Prime beneficiaries and TRICARE Prime Remote family members when they are referred for nonemergency specialty care.

For more information about the TRICARE Prime travel entitlement, contact your military treatment facility, TRICARE Beneficiary Counseling and Assistance Coordinator or travel point of contact.

To access DD Form 1351-2 and DD Form 1351-3, go to www.dfas.mil/civilianpay/travel/travelpayforms. ■