

## TRICARE Prime Remote and You

If you are an active duty service member (ADSM) on orders for more than 30 consecutive days and you work in a remote duty station in the United States, you and your family may be eligible for TRICARE Prime Remote benefits.

### ADSMs must enroll in TRICARE Prime Remote (TPR) if they meet these three requirements:

- Are under orders for more than 30 consecutive days and have a permanent duty assignment
- Work and live more than 50 miles or a one hour drive from a military treatment facility
- Work and live in a TPR-designated zip code

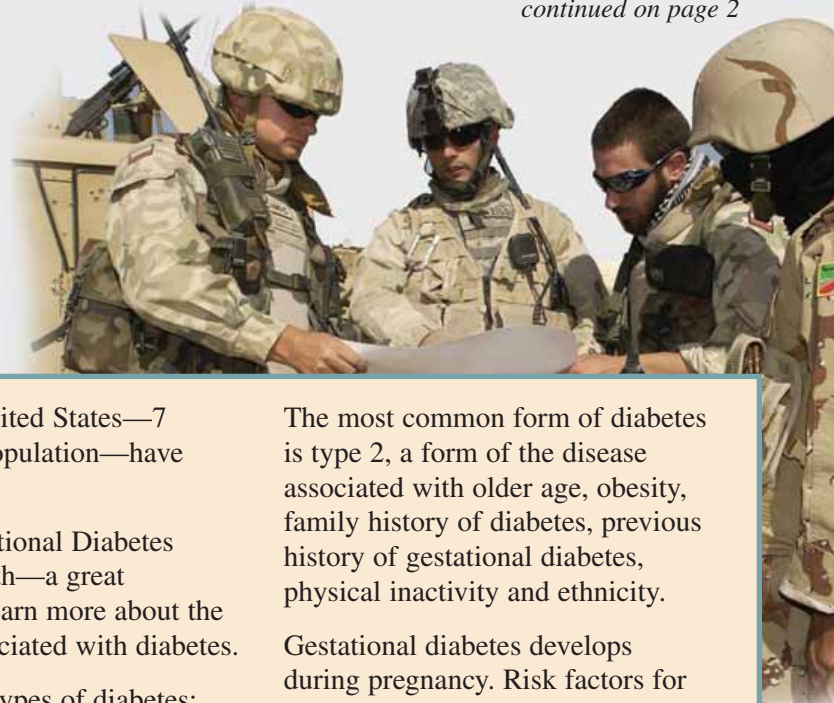
### How do I know if my family members are eligible for TRICARE Prime Remote for Active Duty Family Members (TPRADFM)?

Family members may enroll in TPRADFM if they reside with a TPR-enrolled active duty sponsor and are listed in DEERS with the same residential address as their active

duty sponsor. If the sponsor is transferred on PCS orders and the family members cannot accompany them, the family members must continue to reside at the same location to remain eligible for TPRADFM. Family members that do not enroll in TPRADFM are automatically covered by TRICARE Standard and TRICARE Extra (no enrollment required).

**Note:** National Guard and Reserve members, their families and transitional survivors are subject to different eligibility requirements than other ADSMs and their dependents.

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### The Doctor is in ... American Diabetes Month

#### Dr. Jack Smith

*Acting Deputy Assistant Secretary of Defense for Clinical and Program Policy and Acting Chief Medical Officer, TRICARE Management Activity*

Diabetes is a serious, life-long disease that affects the body's ability to produce or respond properly to insulin, a hormone that allows blood glucose (sugar) to enter the cells of the body and be used for energy. An estimated 20.8 million

people in the United States—7 percent of the population—have diabetes.

November is National Diabetes Awareness Month—a great opportunity to learn more about the health risks associated with diabetes.

There are three types of diabetes: type 1, type 2 and gestational. Type 1 diabetes is a chronic condition in which the pancreas produces little or no insulin and the body's system for fighting infection turns against a part of the body. A person who has type 1 diabetes must take insulin daily to live.

The most common form of diabetes is type 2, a form of the disease associated with older age, obesity, family history of diabetes, previous history of gestational diabetes, physical inactivity and ethnicity.

Gestational diabetes develops during pregnancy. Risk factors for gestational diabetes include being older than 25, family or personal history of diabetes and obesity.

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*The Doctor is in ...*

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If not controlled, diabetes can cause a host of complications such as blindness, kidney damage and lower-limb amputations.

Some symptoms are:

- Excessive thirst and appetite
- Increased urination (sometimes as often as every hour)
- Unusual weight loss or gain

- Fatigue, Nausea and Dry mouth
- Blurred vision
- Slow-healing sores or cuts

Sometimes minor lifestyle changes may help control diabetes, such as changing your eating habits or becoming more physically active.

Just 30 minutes a day of moderate physical activity, coupled with a 5

percent to 10 percent reduction in body weight, has helped to reduce the onset of diabetes in some people. ■

Resources:

To learn more about diabetes, visit: [www.cdc.gov/diabetes/consumer/index.htm](http://www.cdc.gov/diabetes/consumer/index.htm)

For more ways to prevent diabetes, visit: [ndep.nih.gov/diabetes/prev/prevention.htm](http://ndep.nih.gov/diabetes/prev/prevention.htm)

**TRICARE Prime Remote and You**

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**What are the advantages to enrolling in TPR?**

- Fewer out-of-pocket costs than TRICARE Standard and TRICARE Extra
- Benefits similar to TRICARE Prime
- Most care provided by a PCM who coordinates referrals, when required
- Care received from TRICARE-authorized providers when a network PCM is unavailable
- May receive travel reimbursement if you are referred for care more than 100 miles from your PCM's office
- No need to file claims (in most cases)
- Easy to transfer when moving to other TRICARE regions

**How do I enroll?**

Enter your home and work zip codes in the look up tool at [www.tricare.mil/tpr](http://www.tricare.mil/tpr). If you're eligible for TRICARE Prime Remote, download and complete the TRICARE Prime Enrollment and PCM Change Form at [www.TRICARE.mil/tpr](http://www.TRICARE.mil/tpr). Follow the directions, and pay special attention to these important steps:

- Place an "X" in the "Prime Remote Enrollment" box at the top of page 5.
- List your residential address (P.O. boxes may not be used).
- Indicate your work zip code in line #10 on the form.
- Sign and date the enrollment form.
- Mail or forward it as directed.

For questions about TRICARE Prime Remote or when and how to apply for a waiver, contact Humana Military at 1-877-249-9179. ■

**Beneficiary Web Enrollment**

**T**RICARE recently completed testing of the new Beneficiary Web Enrollment (BWE) system. Beginning in the fall of 2007, you will be able to enroll in TRICARE Prime and manage your enrollment profile 24 hours a day, seven days a week. The site is safe, secure and easy. At this new Web site you can:

- Enroll in (or disenroll from) TRICARE Prime, TRICARE Prime Remote (TPR) or TRICARE Prime Remote for Active Duty Family Members (TPRADFM).
- Make an initial enrollment fee payment (retirees and others)—ongoing fee payments are billed separately.
- Select a primary care manager.
- Transfer TRICARE Prime enrollment when moving to another TRICARE region (if TRICARE Prime is available).
- Select a primary care manager (PCM) and change your PCM—except active duty service member PCM changes within a military treatment facility.
- Update personal contact information, such as phone number, mailing and e-mail addresses in the Defense Enrollment Eligibility Reporting System.
- Request an enrollment card.
- Add other health insurance information.

To use BWE, log on to <https://www.dmdc.osd.mil/appj/bwe/> with your Common Access Card, Family Member Account password or Defense Financial and Accounting Services (DFAS) PIN (myPay). ■

# Costs for Inpatient Services Increase Slightly

## New Rates Effective Oct. 1, 2007, through Sept. 30, 2008

Each fiscal year, some of the costs for TRICARE-covered inpatient services may increase slightly. The following tables highlight the new rates for inpatient services for Fiscal Year 2008 (Oct. 1, 2007–Sept. 30, 2008).\*

For additional information about copayments and cost-shares for TRICARE-covered services, visit the TRICARE Web site at [www.tricare.mil](http://www.tricare.mil), enter your profile and select “Costs.” You can also visit Humana Military online at [www.humana-military.com](http://www.humana-military.com), or call 1-800-444-5445 for more information.

\* While the inpatient rate increases are technically effective Oct. 1, 2007, there may be some delay between then and the time Humana Military receives direction from TRICARE Management Activity (TMA) and is able to implement the change.

Beneficiary Costs for Inpatient Services for Civilian Hospital Admissions		
Program	Active Duty Family Members	Retirees, Their Families and Other Eligible Beneficiaries
TRICARE Prime	(no change) \$0 per admission	(no change) \$11 per day, or \$25 per admission, whichever is greater. No charge for separately billed professional services.
TRICARE Standard	Increases from <b>\$14.80 to \$15.15</b> per day or \$25 per admission, whichever is greater. No charge for separately billed professional services.	(no change) \$535 per day, or 25% of the total charge, whichever is less, <b>plus</b> 25% of the TRICARE-allowable charge for separately billed professional services.
TRICARE Extra	Increases from <b>\$14.80 to \$15.15</b> per day or \$25 per admission, whichever is greater. No charge for separately billed professional services.	(no change) \$250 per day, or 25% of total charge, whichever is less, <b>plus</b> 20% of the TRICARE-allowable charge for separately billed professional services.

Beneficiary Costs for Inpatient Behavioral Health Services at Civilian Facilities		
Program	Active Duty Family Members	Retirees, Their Families and Other Eligible Beneficiaries
TRICARE Prime	(no change) \$0 per admission	(no change) \$40 per day. No charge for separately billed professional services.
TRICARE Standard	(no change) \$20 per day or \$25 per admission, whichever is greater.	<b>High-volume Hospitals</b> (no change): 25% of hospital-specific charges. <b>Low-volume Hospitals:</b> Increases from <b>\$181 to \$187</b> per day or 25% of the billed charges, whichever is lower. <b>Residential Treatment Center</b> (no change): 25% of the TRICARE-allowable charge. <b>Partial Hospitalization</b> (no change): 25% of the TRICARE-allowed charge, <b>plus</b> 25% of the TRICARE-allowable charge for separately billed professional services.
TRICARE Extra	(no change) \$20 per day or \$25 per admission, whichever is greater.	(no change) 20% of total charge, <b>plus</b> 20% of the TRICARE-allowable charge for separately billed professional services.

### Military Treatment Facility Inpatient Admission Cost Increase

The cost for inpatient care provided at a military treatment facility increases from \$14.80 to \$15.15 per day for active duty family members and retiree family members using TRICARE Standard or TRICARE Extra and for retiree family members enrolled in TRICARE Prime. ■



Humana Military Healthcare Services, Inc.  
 500 West Main Street  
 P.O. Box 740062  
 Louisville, KY 40201-7462

- ## 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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 TRICARE Health Matters is published by the TRICARE Management Activity. Please provide feedback at [www.tricare.mil/evaluations/feedback](http://www.tricare.mil/evaluations/feedback).



## **New** Behavioral Health Resource Helps Beneficiaries Find Solutions

**A**re you looking for information on alcohol and substance abuse, depression or ways to manage stress or have a successful relationship? If so, look no further than Achieve Solutions, a new ValueOptions program available to TRICARE beneficiaries in the South region.

Achieve Solutions offers a wide range of services and resources including:

- Child and family help lines
- Disability resources
- Social Security information and public agency assistance information
- Medicare eligibility and enrollment information
- National Domestic Violence Hotline

Information is also available on how to manage life events such as:

- Chronic illness
- Marriage
- Pregnancy
- Parenting
- Military life
- Changing jobs

Furthermore, there is an assessment tool that allows the user to take various quizzes on common health and wellness issues. These self-assessments include:

- How Do I Handle Stress and Adversity?
- Am I Ready to Quit Smoking?

- Am I a Compulsive Overeater?
- Do I Have a Substance Abuse Problem?
- Does My Child Have Separation Anxiety Disorder?
- How Does My Child Cope with Stress and Anxiety?

Achieve Solutions is not meant to take the place of your behavioral health provider. It is meant to be a resource to help you better understand and manage everyday life. If you'd like to learn more, visit [www.humana-military.com](http://www.humana-military.com) and click on the "Behavioral Health" section to access the Achieve Solutions program. ■