

TRICARE Choices for National Guard and Reserve



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*This flyer is **not** intended to be all-inclusive. For additional information, please contact your regional contractor, local military treatment facility, or TRICARE Area Office.*

Meeting Your Health Care Needs Before, During, and After Activation

TRICARE is committed to providing health care options for National Guard and Reserve members and their families before, during, and after activation under federal orders.

While activated under federal orders for a period of more than 30 days, National Guard and Reserve members are covered as active duty service members, and their families are covered as active duty family members. Qualified, non-activated National Guard and Reserve members who are members of the Selected Reserve and their families may be eligible to purchase two voluntary, premium-based plans: TRICARE Reserve Select* (TRS) for health care coverage similar to TRICARE Standard and TRICARE Extra, and the TRICARE Dental Program (TDP) for dental coverage.

** TRS is **not** available to National Guard and Reserve members who are enrolled in the Federal Employees Health Benefits (FEHB) program or eligible to enroll in FEHB based on their employment.*

Eligibility

You and your family members must be registered in the Defense Enrollment Eligibility Reporting System (DEERS) to be eligible for TRICARE. You must register your family members by visiting a uniformed services identification card-issuing facility. Visit www.dmdc.osd.mil/rsl to locate a facility near you. Visit www.tricare.mil/DEERS for more information about updating your DEERS record.

Once you and your family are registered in DEERS, you will need to sign-up separately for TRS and the TDP. To verify your eligibility, visit www.dmdc.osd.mil/appj/trs/index.jsp.

Medical and Dental Benefits

Your coverage will vary depending on your uniformed service status: not activated, activated, or deactivated. Refer to the following tables to learn about the TRICARE coverage options available to you and your family during each stage of the activation cycle.

Not Activated *(includes members on active duty orders for 30 days or less)*

Potential Coverage	Sponsor Coverage	Family Coverage
Line of Duty Care	Line of Duty care covers any injury, illness, or disease incurred or aggravated in the line of duty.	Line of Duty care does not apply to family members.
TRICARE Reserve Select (TRS)	Qualified members may purchase TRS member-only or member-and-family coverage.	Eligible family members may be included in TRS member-and-family coverage.
TRICARE Dental Program (TDP)	Eligible sponsors may purchase TDP coverage. Note: Sponsor TDP enrollment is separate from family member enrollment.	Eligible family members may purchase TDP coverage at the National Guard and Reserve family member rate.



Activated (includes members with federal active duty orders for more than 30 consecutive days)

Potential Coverage	Sponsor Coverage	Family Coverage
Pre-Activation Benefit (Early eligibility)	<ul style="list-style-type: none"> • TRS coverage is automatically terminated. • Eligible sponsors may access active duty health and dental benefits up to 90 days before active duty begins.¹ (The personnel office will provide notification of eligibility.) 	<ul style="list-style-type: none"> • TRS coverage is automatically terminated. • Eligible family members are automatically covered under TRICARE Standard and TRICARE Extra and may choose to enroll in an available TRICARE Prime option.
Medical Coverage (During active duty service)	<ul style="list-style-type: none"> • The sponsor must enroll in a TRICARE Prime option (TRICARE Prime, TRICARE Prime Remote, TRICARE Prime Overseas, or TRICARE Global Remote Overseas) upon arrival at the final duty station unless otherwise directed. 	<ul style="list-style-type: none"> • Eligible family members retain TRICARE coverage from early eligibility period. • If covered by TRICARE Standard and TRICARE Extra, eligible family members may choose to enroll in an available TRICARE Prime option.
Dental Coverage	<ul style="list-style-type: none"> • If enrolled, TDP coverage is automatically terminated. • Most dental care is provided through military dental treatment facilities at duty stations unless otherwise directed. 	<ul style="list-style-type: none"> • If already enrolled, TDP coverage continues at a reduced premium rate. • TDP coverage is available for purchase by eligible family members at the reduced premium rate.

1. Applies when sponsor receives federal delayed-effective-date active duty orders for more than 30 days in support of a contingency operation; sponsor and family members are eligible for TRICARE on the date the order was issued or 90 days before reporting to active duty, whichever is later.

Deactivated (released from a period of activation)

Potential Coverage	Sponsor Coverage	Family Coverage
Transitional Assistance Management Program (TAMP)	<ul style="list-style-type: none"> • TAMP offers 180 days of transitional TRICARE coverage.¹ • Eligible sponsors may enroll (or reenroll) in TRICARE Prime, if available, or use TRICARE Standard and TRICARE Extra. (TRICARE Prime Remote [TPR] is not available during the TAMP period.) 	<ul style="list-style-type: none"> • During the 180-day TAMP period, eligible family members are automatically covered under TRICARE Standard and TRICARE Extra and may choose to enroll (or reenroll) in TRICARE Prime, if available. (TPR is not available during the TAMP period.)
TRICARE Reserve Select (TRS)	<ul style="list-style-type: none"> • Eligible sponsors may purchase TRS after the end of active duty benefits or TAMP coverage, whichever is later. • The sponsor's TRS Request form (DD Form 2896-1) must be completed and postmarked within 60 days of the last day of TRICARE coverage (e.g., active duty benefits, TAMP) to receive continuous coverage. 	<ul style="list-style-type: none"> • Eligible family members may be included in TRS member-and-family coverage. Family members may only receive TRS coverage through their sponsors.
Continued Health Care Benefit Program (CHCBP)	<ul style="list-style-type: none"> • CHCBP provides up to 18 months of premium-based health coverage. Eligible sponsors may purchase CHCBP within 60 days of the end of TRICARE eligibility or TAMP coverage, whichever is later. • If Selected Reserve status ends, sponsors who had TRS coverage are eligible for any time remaining in the 18-month CHCBP eligibility period. Sponsors must enroll in CHCBP within 30 days of the end of TRS coverage. 	<ul style="list-style-type: none"> • Upon deactivation, family members can only receive CHCBP coverage through their sponsors. Sponsors may purchase up to 18 months of CHCBP family coverage after the end of TRICARE eligibility or TAMP coverage, whichever is later. • CHCBP eligibility runs concurrently with TRS eligibility for 18 months. If the sponsor's Selected Reserve status ends, family members who were covered under TRS are eligible for CHCBP coverage through their sponsors for any time remaining in the 18-month eligibility period.
TRICARE Dental Program (TDP)	<ul style="list-style-type: none"> • Sponsors who were enrolled in the TDP before activation will be automatically reenrolled upon deactivation. Sponsors who were not previously enrolled may choose to enroll after being deactivated. 	<ul style="list-style-type: none"> • Eligible family members may purchase or continue TDP coverage. • The premium will increase to the National Guard and Reserve family member rate.

1. Active duty service must be in support of a contingency operation to qualify for TAMP coverage.

For Information and Assistance

TRICARE North Region Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) www.healthnetfederalservices.com	TRICARE South Region Humana Military Healthcare Services, Inc. 1-800-444-5445 www.humana-military.com	TRICARE West Region TriWest Healthcare Alliance Corp. 1-888-TRIWEST (1-888-874-9378) www.triwest.com
TRICARE Area Office (TAO)—Eurasia-Africa Toll-free: 1-888-777-8343, option 1 Comm.: 011-49-6302-67-6314 www.tricare.mil/eurasiaafrica	TAO—Latin America and Canada Toll-free: 1-888-777-8343, option 3 Comm.: 1-706-787-2424 www.tricare.mil/tlac	TAO—Pacific Toll-free: 1-888-777-8343, option 4 Comm.: 011-81-6117-43-2036 www.tricare.mil/pacific

An Important Note about TRICARE Program Information

At the time of printing, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulation. Changes to TRICARE programs are continually made as public law and/or federal regulation are amended. **Military treatment facility guidelines and policies may be different than those outlined in this product.** For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.

Please provide feedback on this flyer at www.tricare.mil/evaluations/feedback.