

# TRICARE® Choices for National Guard and Reserve



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

### Meeting Your Health Care Needs throughout Your Reserve Career

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. Non-activated members of the Selected Reserve of the Ready Reserve may qualify to purchase two voluntary, premium-based plans for themselves and their families: TRICARE Reserve Select (TRS) for health care coverage and the TRICARE Dental Program (TDP) for dental coverage. Members of the Retired Reserve may qualify to purchase TRICARE Retired Reserve (TRR) for health coverage and the TRICARE Retiree Dental Program (TRDP) for dental coverage for themselves and their family members.

\* The National Guard and Reserve includes the Army National Guard, the Army Reserve, the Navy Reserve, the Marine Corps Reserve, the Air National Guard, the Air Force Reserve, and the U.S. Coast Guard Reserve.

### 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](http://www.dmdc.osd.mil/rsl) to locate a facility near you. Visit [www.tricare.mil/deers](http://www.tricare.mil/deers) for more information about updating your DEERS record.

TRS, TDP, TRR, and TRDP are available for purchase by qualified sponsors. Selected Reserve members and Retired Reserve members do **not** qualify to purchase TRS or TRR if they are either eligible for or enrolled in the Federal Employees Health Benefits (FEHB) program.

**Note:** For more information about the programs described in this brochure (e.g., *qualifying, purchasing*), please visit the Web sites listed in the *For Information and Assistance* section or contact your regional contractor.

### Medical and Dental Benefits

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



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

Potential Coverage	Sponsor Coverage	Family Coverage
<b>Line of Duty Care</b>	Line of Duty care covers treatment of an injury, illness, or disease incurred or aggravated in the line of duty.	Line of Duty care is not available for family members.
<b>TRICARE Reserve Select (TRS)</b>	Qualified members may purchase TRS member-only or member-and-family coverage.	Eligible family members may be included in TRS member-and-family coverage.
<b>TRICARE Dental Program (TDP)</b>	Eligible sponsors may purchase TDP sponsor coverage, which is separate from family member coverage.	Sponsors may purchase TDP family coverage, which is separate from sponsor coverage, for eligible family members.

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

Potential Coverage	Sponsor Coverage	Family Coverage
<b>Pre-Activation Benefit<sup>1</sup></b> <i>(early eligibility)</i>	<ul style="list-style-type: none"> <li>• Purchased TRICARE Reserve Select (TRS) coverage automatically ends.</li> <li>• Eligible service members can use active duty health and dental benefits up to 180 days before active duty begins, if eligibility is shown in DEERS. <i>(The personnel office will provide notification of eligibility.)</i></li> <li>• Sponsors should not enroll in TRICARE Prime until arrival at their final duty stations.</li> </ul>	<ul style="list-style-type: none"> <li>• Purchased TRS coverage automatically ends.</li> <li>• Eligible family members are automatically covered under TRICARE Standard and TRICARE Extra when the sponsor's eligibility is shown in DEERS.</li> <li>• Family members may choose to enroll in an available TRICARE Prime option <i>(TRICARE Prime, TRICARE Prime Remote for Active Duty Family Members, TRICARE Overseas Program [TOP] Prime, TOP Prime Remote, US Family Health Plan)</i>.</li> </ul>
<b>Medical Coverage</b> <i>(during active duty)</i>	<ul style="list-style-type: none"> <li>• The sponsor must enroll in a TRICARE Prime option <i>(TRICARE Prime, TRICARE Prime Remote, TOP Prime, or TOP Prime Remote)</i> upon arrival at the final duty station as directed.</li> </ul>	<ul style="list-style-type: none"> <li>• Family members are automatically covered under TRICARE Standard and TRICARE Extra unless already enrolled in TRICARE Prime during the early eligibility period.</li> <li>• Family members may choose to enroll in an available TRICARE Prime option.</li> </ul>
<b>Dental Coverage</b>	<ul style="list-style-type: none"> <li>• If enrolled, TRICARE Dental Program (TDP) coverage automatically ends.</li> <li>• Most dental care is provided through military dental treatment facilities at duty stations unless otherwise directed.</li> </ul>	<ul style="list-style-type: none"> <li>• If already enrolled, TDP coverage continues at a reduced premium rate.</li> <li>• New TDP coverage is available for purchase by eligible family members at the reduced premium rate.</li> </ul>

1. Early eligibility applies when the sponsor receives federal delayed-effective-date active duty orders for more than 30 days in support of a contingency operation. The sponsor and family members are eligible for TRICARE on the date the order was issued or 180 days before reporting to active duty, whichever is later. The personnel office will provide notification of eligibility.



## Deactivated *(released from a period of activation)*

Potential Coverage	Sponsor Coverage	Family Coverage
<b>Transitional Assistance Management Program (TAMP)<sup>1</sup></b>	<ul style="list-style-type: none"> <li>TAMP provides 180 days of transitional TRICARE coverage for eligible sponsors.</li> <li>Eligible sponsors may enroll <i>(or reenroll)</i> in TRICARE Prime, if available, or use TRICARE Standard and TRICARE Extra. <i>(TRICARE Prime Remote [TPR] is not available during TAMP.)</i></li> </ul>	<ul style="list-style-type: none"> <li>TAMP provides 180 days of transitional TRICARE coverage for eligible family members.</li> <li>Family members are automatically covered under TRICARE Standard and TRICARE Extra and may choose to enroll <i>(or reenroll)</i> in TRICARE Prime, if available. <i>(TPR is not available during the TAMP period.)</i></li> </ul>
<b>TRICARE Reserve Select (TRS)</b>	<ul style="list-style-type: none"> <li>Qualified sponsors may purchase TRS to begin after active duty benefits or TAMP coverage ends, whichever is later.</li> <li>To receive continuous coverage, TRS coverage must be purchased within 30 days of the last day of TRICARE coverage <i>(e.g., active duty benefits, TAMP)</i>.</li> </ul>	<ul style="list-style-type: none"> <li>Eligible family members may be included in TRS member-and-family coverage.</li> <li>Family members may only receive TRS coverage through their sponsors.</li> </ul>
<b>Continued Health Care Benefit Program (CHCBP)</b>	<ul style="list-style-type: none"> <li>CHCBP provides up to 18 months of premium-based health coverage.</li> <li>Eligible sponsors may purchase CHCBP within 60 days of the end of TRICARE eligibility or TAMP coverage, whichever is later.</li> <li>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.</li> </ul>	<ul style="list-style-type: none"> <li>Eligible family members may be included in CHCBP family coverage purchased by their sponsor.</li> <li>Former spouses of National Guard and Reserve members are not eligible for CHCBP family coverage.</li> </ul>
<b>TRICARE Dental Program (TDP)</b>	<ul style="list-style-type: none"> <li>Sponsors enrolled in the TDP before activation will be automatically reenrolled.</li> <li>Sponsors not previously enrolled may purchase TDP sponsor coverage, which is separate from TDP family coverage.</li> </ul>	<ul style="list-style-type: none"> <li>Eligible sponsors may purchase or continue TDP family coverage, which is separate from sponsor coverage.</li> <li>Premium will increase to the National Guard and Reserve family member rate.</li> </ul>

1. Activated National Guard and Reserve personnel must be on active duty status for greater than 30 days and in support of a contingency operation to qualify for TAMP coverage.

## Retired

Potential Coverage	Sponsor Coverage	Family Coverage
<b>TRICARE Retired Reserve (TRR)</b>	<ul style="list-style-type: none"> <li>Qualified members of the Retired Reserve may purchase TRR until they reach age 60.</li> </ul>	<ul style="list-style-type: none"> <li>Eligible family members may be included in TRR member-and-family coverage purchased by their sponsors.</li> <li>If a qualified member of the Retired Reserve dies during a period of TRR coverage, the sponsor's immediate family members will be qualified to purchase new or continue existing TRR coverage until the date on which the deceased member of the Retired Reserve would have turned 60.</li> </ul>
<b>TRICARE Retiree Dental Program (TRDP)</b>	<ul style="list-style-type: none"> <li>Eligible sponsors may purchase coverage under the TRDP.</li> </ul>	<ul style="list-style-type: none"> <li>Eligible family members may purchase coverage under the TRDP.</li> <li>Former spouses and remarried surviving spouses are not eligible to purchase coverage.</li> </ul>

## For Information and Assistance

<p><b>TRICARE North Region</b> Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) www.healthnetfederalservices.com</p>	<p><b>TRICARE South Region</b> Humana Military Healthcare Services, Inc. 1-800-444-5445 www.humana-military.com</p>	<p><b>TRICARE West Region</b> TriWest Healthcare Alliance Corp. 1-888-TRIWEST (1-888-874-9378) www.triwest.com</p>
<p><b>TRICARE Eurasia-Africa</b> <i>(Africa, Europe, and the Middle East)</i></p> <p>TOP Regional Call Center<sup>1</sup> 011-44-20-8762-8384 (stateside) +44-20-8762-8384 (overseas) tricarelon@internationalsos.com</p> <p>TRICARE Area Office 011-49-6302-67-6314 (stateside) +49-6302-67-6314 (overseas) 314-496-6314 (DSN) 1-888-777-8343, option 1 (stateside toll-free) teoweb@europe.tricare.osd.mil www.tricare.mil/eurasiaafrica</p>	<p><b>TRICARE Latin America and Canada</b> <i>(Canada, the Caribbean Basin, Central and South America, Puerto Rico, and the U.S. Virgin Islands)</i></p> <p>TOP Regional Call Center<sup>1</sup> 1-215-942-8393 (stateside) +1-215-942-8393 (overseas) tricarephl@internationalsos.com</p> <p>TRICARE Area Office 1-703-588-1848 (stateside) +1-703-588-1848 (overseas) 312-425-1848 (DSN) 1-888-777-8343, option 3 (stateside toll-free) taolac@tma.osd.mil www.tricare.mil/tlac</p>	<p><b>TRICARE Pacific</b> <i>(Asia, Guam, India, Japan, Korea, New Zealand, and Western Pacific remote countries)</i></p> <p>TOP Regional Call Centers<sup>1</sup> Singapore: 011-65-6339-2676 (stateside) +65-6339-2676 (overseas) sin.tricare@internationalsos.com</p> <p>Sydney: 011-61-2-9273-2710 (stateside) +61-2-9273-2710 (overseas) sydtricare@internationalsos.com</p> <p>TRICARE Area Office 011-81-6117-43-2036 (stateside) +81-6117-43-2036 (overseas) 315-643-2036 (DSN) 1-888-777-8343, option 4 (stateside toll-free) tpao.csc@med.navy.mil www.tricare.mil/pacific</p>
<p><b>TRICARE Overseas Program</b> International SOS Assistance, Inc. 1-877-451-8659 (stateside toll-free) www.tricare-overseas.com</p>	<p><b>TRICARE Reserve Select Web Site</b> www.tricare.mil/trs</p> <p><b>TRICARE Retired Reserve Web Site</b> www.tricare.mil/trr</p>	<p><b>Transitional Assistance Management Program</b> www.tricare.mil/tamp</p>
<p><b>TRICARE Dental Program</b> 1-800-866-8499 (stateside) 1-888-418-0466 (overseas) www.TRICAREdentalprogram.com</p>	<p><b>TRICARE Retiree Dental Program</b> 1-888-838-8737 (stateside) AT&amp;T USADirect® Access Number plus 866-721-8737 (overseas—for access numbers, visit <a href="http://www.usa.att.com/traveler/index.jsp">www.usa.att.com/traveler/index.jsp</a>) www.trdp.org</p>	<p><b>Defense Enrollment Eligibility Reporting System (DEERS)—Update Information</b> Phone: 1-800-538-9552 Fax: 1-831-655-8317 www.tricare.mil/deers</p>
<p><b>Continued Health Care Benefit Program</b> Humana Military Healthcare Services, Inc. 1-800-444-5445 www.tricare.mil/chcbp</p>	<p><b>TRICARE Pharmacy Program</b> 1-877-363-1303 www.express-scripts.com/TRICARE www.tricare.mil/pharmacy</p> <p><b>Member Choice Center</b> <i>(convert retail prescriptions to mail order)</i> 1-877-363-1433</p>	<p><b>US Family Health Plan</b> 1-800-74-USFHP (1-800-748-7347) www.usfamilyhealthplan.org</p>

1. For a list of toll-free contact numbers, visit [www.tricare-overseas.com](http://www.tricare-overseas.com).

### **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 regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. **Military treatment facility guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.

Please provide feedback on this brochure at [www.tricare.mil/evaluations/feedback](http://www.tricare.mil/evaluations/feedback).