

# TRICARE Transitional Assistance Management Program



## TRICARE Transitional Assistance Management Program

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

The Transitional Assistance Management Program (TAMP) provides 180 days of transitional health care benefits to help certain uniformed service members and their families transition to civilian life. The following provides an overview of TAMP eligibility and coverage.

### Eligibility

You and your eligible family members may be covered for health care benefits under TAMP if you, the sponsor, are:

- Involuntarily separating from active duty under honorable conditions
- A National Guard or Reserve member separating from a period of active duty that was more than 30 consecutive days in support of a contingency operation
- Separating from active duty following involuntary retention (*stop-loss*) in support of a contingency operation
- Separating from active duty following a voluntary agreement to stay on active duty for less than one year in support of a contingency operation
- Separating from active duty with an agreement to become a member of the Selected Reserve of the Ready Reserve of a reserve component
- Separating from active duty due to sole survivorship discharge

You are not eligible for TAMP while on terminal leave. During terminal leave, you continue to receive active duty service member coverage and your family members remain covered under TRICARE Prime, TRICARE Prime Remote for Active Duty Family Members (TPRADFM), or TRICARE Standard and TRICARE Extra.

To ensure continuity of coverage during the TAMP period, it is essential that you keep information in the Defense Enrollment Eligibility Reporting System (DEERS) current for you and your family members. See the *For Information and Assistance* section for DEERS contact information.

If you have a service-connected injury, illness, or disease incurred while on active duty, contact your unit or service branch for more information.

### Coverage

If you qualify, the 180-day TAMP period begins the day after your date of separation from active duty. Under TAMP, you and your family members are automatically covered under TRICARE Standard and TRICARE Extra. If you reside overseas, you receive the same coverage under TRICARE Overseas Program (TOP) Standard.

During TAMP, you and your family members are covered as active duty family members (ADFMs) and all rules for that beneficiary category apply, including any applicable deductibles, cost-shares, and copayments. For program cost information, visit [www.tricare.mil/costs](http://www.tricare.mil/costs).

### Enrollment in a TRICARE Prime Option

During TAMP, you may choose to enroll in:

- TRICARE Prime (*where available*)
- TOP Prime (*where available overseas*)

**Note:** TRICARE Prime Remote (TPR), TPRADFM, and TRICARE Global Remote Overseas are not available during TAMP. If you or your family members were enrolled in one of these programs when you separated, you will be disenrolled and covered by TRICARE Standard and TRICARE Extra or TOP Standard.

If you or your family members were enrolled in TRICARE Prime or TOP Prime when you separated, you may continue your enrollment with no break in coverage as long as you complete a new *TRICARE Prime Enrollment and PCM Change Form* (DD Form 2876) and submit it to your regional contractor or TRICARE Area Office (TAO). The form must be submitted before the TAMP period ends. Your enrollment date will be retroactive to your separation date.

If your family members were not enrolled in TRICARE Prime or TOP Prime when you separated and would like to enroll, you must complete *DD Form 2876* and submit it to your regional contractor or TAO. Applications received by the 20th of the month will be effective on the first of the following month (e.g., an enrollment received on May 20 would be effective June 1). Applications received after the 20th of the month will be effective the first day of the month following the next month (e.g., an enrollment received on May 25 would be effective July 1).

To enroll online, see the Beneficiary Web Enrollment contact information in the *For Information and Assistance* section.

There are no TRICARE enrollment fees during your TAMP period.

**Note:** If you or your family were enrolled in TPR or TPRADFM when you separated and move to a Prime Service Area (i.e., an area where TRICARE Prime is offered) during the TAMP period, the 20th-of-the-month rule does not apply and your enrollment date will be retroactive to your separation date.

**Note:** There is no 20th-of-the-month rule for TOP Prime. Enrollment will be effective on the date your application is received.

## Dental Coverage During TAMP

During TAMP, dental care provided in military dental treatment facilities is on a space-available basis. Service members who remain in a Selected Reserve or Individual Ready Reserve status and their families may be eligible for the TRICARE Dental Program (TDP). There is a 12-month service commitment for new TDP enrollments. Service members on terminal leave continue to receive active duty dental benefits until terminal leave ends. During this terminal leave period, ADFMs enrolled in the TDP continue to pay ADFM premiums. Contact the TDP administrator, United Concordia Companies, Inc., for more information.

## TAMP and TRICARE Reserve Select

If you qualify, you may purchase TRICARE Reserve Select (TRS) to begin after your TAMP coverage ends. To avoid a break in your TRICARE coverage, submit your completed request form and required initial premium payment to your TRICARE regional contractor up to 90 days before, but no later than 30 days after your TAMP coverage ends. Visit [www.tricare.mil/trs](http://www.tricare.mil/trs) or contact your regional contractor for more information about TRS.

## Continued Health Care Benefit Program

Once you lose TAMP coverage, you may qualify to purchase temporary, transitional health care coverage under the Continued Health Care Benefit Program (CHCBP). The CHCBP is administered by Humana Military Healthcare Services, Inc. (Humana Military). See the For Information and Assistance section for Humana Military's contact information.

## For Information and Assistance

<b>TRICARE North Region</b> Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) TRICARE Reserve Select: 1-800-555-2605 <a href="http://www.healthnetfederalservices.com">www.healthnetfederalservices.com</a>	<b>TRICARE South Region</b> Humana Military Healthcare Services, Inc. 1-800-444-5445 National Guard and Reserve: 1-877-298-3408 Warrior Navigation and Assistance Program: 1-888-4GO-WNAP (1-888-446-9627) <a href="http://www.humana-military.com">www.humana-military.com</a>	<b>TRICARE West Region</b> TriWest Healthcare Alliance Corp. 1-888-TRIWEST (1-888-874-9378) <a href="http://www.triwest.com">www.triwest.com</a>
<b>TRICARE Area Office (TAO)—Eurasia-Africa</b> 1-888-777-8343, option 1 (stateside toll-free) 011-49-6302-67-6314 496-6314 (DSN) <a href="http://www.tricare.mil/eurasiaafrica">www.tricare.mil/eurasiaafrica</a>	<b>TAO—Latin America and Canada</b> 1-888-777-8343, option 3 (stateside toll-free) 1-706-787-2424 773-2424 (DSN) <a href="http://www.tricare.mil/tlac">www.tricare.mil/tlac</a>	<b>TAO—Pacific</b> 1-888-777-8343, option 4 (stateside toll-free) 011-81-6117-43-2036 643-2036 (DSN) <a href="http://www.tricare.mil/pacific">www.tricare.mil/pacific</a>
<b>TRICARE Reserve Select</b> <a href="http://www.tricare.mil/reserve/reserveselect">www.tricare.mil/reserve/reserveselect</a> <b>Guard and Reserve Web Portal</b> <a href="http://www.dmdc.osd.mil/appj/trs/index.jsp">www.dmdc.osd.mil/appj/trs/index.jsp</a>	<b>TRICARE Pharmacy Program</b> 1-877-363-1303 Member Choice Center (convert retail prescriptions to mail-order): 1-877-363-1433 <a href="http://www.express-scripts.com/TRICARE">www.express-scripts.com/TRICARE</a>	<b>TRICARE Dental Program</b> 1-800-866-8499 <a href="http://www.TRICAREdentalprogram.com">www.TRICAREdentalprogram.com</a>
<b>Defense Enrollment Eligibility Reporting System (DEERS)—Update Information</b> 1-800-538-9552 <a href="http://www.tricare.mil/deers">www.tricare.mil/deers</a>	<b>Beneficiary Web Enrollment</b> <a href="http://www.dmdc.osd.mil/appj/bwe/">http://www.dmdc.osd.mil/appj/bwe/</a>	<b>TRICARE Web Site</b> <a href="http://www.tricare.mil">www.tricare.mil</a>

### 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 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](http://www.tricare.mil/evaluations/feedback).