



In Case You Missed it

TRICARE® West Region e-Updates

July 2024

- 1. A new TRICARE West Region contract is currently scheduled to start Jan. 1, 2025.** With this, the TRICARE West Region contractor will change from Health Net Federal Services, LLC (HNFS) to TriWest Healthcare Alliance (TriWest). HNFS is honored to continue providing exceptional service throughout the transition period and remainder of our contract. For more information, please review our [frequently asked questions](#) (FAQ). Also check out www.tricare.mil/changes and TRICARE's [FAQ page](#)
- 2. Updated assisted reproductive technology options for wounded warriors.** The Department of Defense has expanded its [assisted reproductive technology](#) (ART) benefit for active duty service members (ADSM) under the Supplemental Health Care Program (SHCP). Regardless of gender or marital status, ART services are now available to ADSMs who have sustained a serious or severe illness or injury while on active duty that resulted in the inability to have children without ART services
- 3. Keep your information in the Defense Enrollment Eligibility Reporting System (DEERS) up to date.** Summer is peak moving – or permanent change of station – season for our military members. If you are moving, don't forget to update your DEERS record. [Keeping information in DEERS up to date](#) is an important step in making sure you can use your TRICARE benefit if and when you need it.
- 4. Learn more about TRICARE.** If you are new to TRICARE or just looking to refresh your knowledge, TRICARE offers a suite of online education. You can take advantage of webinars, videos, podcasts, and more. Check out [TRICARE's Multimedia Center](#) web page to get started
- 5. Do you have other health insurance (OHI)?** In order to accurately process your health care claims, it's important we have your current OHI details. You can easily update your OHI information online (log in required) or by submitting a [TRICARE Other Health Insurance Questionnaire](#). Check out our [OHI web page](#) for more information on how your OHI works with TRICARE
- 6. Explore your virtual health care options.** Are you putting off important health care because you don't want to go into the doctor's office? Virtual health care appointments are a good alternative to in-person visits. Visit our [network provider directory](#) to find providers who offer telemedicine or connect with one of our telehealth partners to get started.
- 7. Get answers you need with the MHS Nurse Advice Line.** Having the right resources available is key to staying healthy. Whether you have questions about a sick child, are traveling and need advice, or are simply looking for the nearest urgent care or emergency facility, the [MHS Nurse Advice Line](#) can help. Nurses are available via phone, web chat or video chat. As always, if you or your loved ones need immediate assistance, call 911 or go to the nearest emergency room
- 8. Be safe in the summer sun.** Summer is here and people are spending more time outdoors lounging by the pool, hitting the beach, or picnicking and barbecuing. Protect yourself and your family with these [summer safety tips](#) so you enjoy all the days of summer.
- 9. Don't forget to protect your skin!** The National Cancer Institute reports skin cancer as the most common of all cancers, yet it is also one of the most curable and preventable forms of cancer. Do your best to [stay safe in the sun](#). [Choose wisely](#) and talk with your doctor about appropriate exams. Visit our [Cancer Prevention Health Topics](#) section for resources on skin and other cancers. Learn more ways to take good care of your health with our [Take Charge of Your Health](#) online program.
- 10. Distracted from your health goals?** Whether you want to manage stress, eat healthier, exercise more, sleep better, stop smoking, or improve health in any way, the skills you'll learn in our [Making Healthy Changes for Life](#) webinar can help you get focused and succeed with making and maintaining a healthy change. Our next webinar is on August 21 (registration required). If classes aren't for you, try our [Assessing Your Readiness for Healthy Change](#) online program to determine your readiness for change and how to move forward.