



In Case You Missed it

TRICARE® West Region e-Updates

June 2024

- 1. Do you have questions about the new TRICARE contract?** A new TRICARE West Region contract is currently scheduled to start Jan. 1, 2025. With this, the West Region contractor will change from Health Net Federal Services, LLC (HNFS) to TriWest Healthcare Alliance (TriWest). HNFS is honored to provide exceptional service under the current West Region contract, and we will continue to do so throughout the transition period and remainder of our contract. For more information, please review our [frequently asked questions](#). Also check out TRICARE's article, "[What to Know as New TRICARE Contracts Begin in 2025](#)."
- 2. How your TRICARE coverage works when you move.** As we head into summer, you may receive permanent change of station (PCS) orders. If you are moving, it is important to take certain steps to make sure you can use your TRICARE benefit if or when you need it. Learn more by reading TRICARE's [frequently asked questions](#) about PCS season.
- 3. Discover how TRICARE covers young adults.** Do you have a child who just recently graduated from high school or college? You may wonder how this affects their TRICARE eligibility. [Adult children can continue to be covered by TRICARE](#) until at least age 21, and college students can stay in their existing TRICARE plan until they graduate or turn age 23 (certain guidelines apply). For young adults who have aged out or graduated from college but do not qualify for regular TRICARE, the TRICARE Young Adult program may be a good option.
- 4. If you are expecting, learn more about TRICARE's Childbirth and Breastfeeding Support Demonstration (CBSD).** The [CBSD offers services](#) through certified labor doulas, lactation consultants and lactation counselors to support you through your pregnancy. The benefit is available at 20 weeks gestation for doula support services and 27 weeks gestation for lactation support and include prenatal, labor support and postpartum sessions.
- 5. Learn more about the point-of-service option to avoid unexpected costs.** TRICARE's [point-of-service option](#) allows those enrolled in a TRICARE Prime plan to receive care from any TRICARE-authorized provider without a referral when normally required. While the point-of-service option is available, it does come with higher out-of-pocket costs. Please note, this option is not available for active duty service members (ADSM). ADSMs who do not coordinate care through their primary care manager may be responsible for the entire cost of care.
- 6. Use self-service tools to get information you need.** Our [online self-service tools](#) allow you to conduct TRICARE transactions at any time. Access the provider directory, view authorization and referral letters, check claim status, set up enrollment payments, and more (secure tools require you to log in). Don't forget to sign up to receive text or email alerts that notify you of something in your secure inbox. You can also use our automated phone system at 1-844-866-WEST (9378) to check eligibility, get authorization status and more.
- 7. Explore your telehealth care options.** We know that having telehealth options is important; especially for those in remote areas or for those who don't want to go to an in-person office visit. From preventive care visits to mental health care to urgent care, you can find providers to connect with from the comfort of home. View our [Telehealth Options](#) page to get started.
- 8. June is National Men's Health Month.** Getting preventive screenings or checkups and living a healthy lifestyle, can prevent major health problems commonly affecting men. Find out what [benefits specific to men's health](#) are covered by TRICARE.
- 9. What do you know about exercise-induced asthma?** About 90% of people with asthma have exercise-induced asthma, also called exercise-induced bronchoconstriction or EIB. However, EIB can occur in people without asthma as well. [Choose wisely](#) and talk with your provider to get a proper diagnosis. If you have been diagnosed with asthma, consider completing our [Basics of Asthma Management](#) online program. [One-on-one coaching](#) with an asthma specialist is also available.
- 10. Quit this summer!** If you've been thinking about quitting tobacco, our [Time to Quit](#) tobacco cessation online program can help. It takes you step by step through completing a quit plan, helps you prepare to quit, addresses methods and skills for quitting, and provides resources to help you stay quit for good. We also have a recorded class, [Preparing to Quit Tobacco](#), which helps you focus on the key challenges of tobacco addiction and provides tools and resources for a successful quit. Take your first step today!