



In Case You Missed it

TRICARE® West Region e-Updates

May 2024

- 1. Your coverage options for speech, vision and hearing services.** Make your speech, vision and hearing health a priority. [There's no better time to protect your senses](#) than during Vision & Hearing Awareness Month. This May, take the time to schedule any necessary appointments for yourself and your family members. TRICARE offers coverage for a range of speech, vision and hearing services, including screenings, exams and treatments. In the TRICARE West Region, Health Net Federal Services, LLC's (HNFS) provider network can help you get the care you need.
- 2. Have you recently gotten married?** Getting married is an exciting new chapter in your life. If you have [recently gotten married, it is important to take certain steps](#) to enroll your new spouse in a TRICARE plan. Marriage is considered a qualifying life event and opens a 90-day window of time for you to enroll in or make changes to a TRICARE plan. First, make sure to update your Defense Enrollment Eligibility Reporting System (DEERS) record. Once DEERS is updated, your spouse and any stepchildren can enroll in a TRICARE plan.
- 3. The importance of colorectal cancer screenings.** According to the National Cancer Institute, [colorectal cancer](#) is the third most common cancer in the U.S. and is increasing among those under age 50. New guidelines suggest regular screenings starting at age 45 for those at average risk, or even sooner for those at increased risk. TRICARE covers various screenings, including colonoscopies and stool tests. Don't put off important screenings; early detection is key for successful treatment of colorectal cancer.
- 4. How to access your electronic authorization letters.** If your provider has recently submitted a referral or pre-authorization, you can easily [check the status and view authorization letters](#) online. Click on "Authorization Status" in the "Secure Tools" box at www.tricare-west.com and log in using your DS Logon or www.tricare-west.com username and password. You can also check status using the self-service prompts through our [customer service line](#).
- 5. Check your information in DEERS.** Has it been a while since you have reviewed your information in DEERS? [Keeping information in DEERS up to date](#) is an important step in making sure you can use your TRICARE benefit when you need it.
- 6. You have virtual health care choices.** 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. That's why we have partnered with several telehealth providers, giving you options when it comes to your health. You can even use the "telemedicine" filter in the [Network Provider Directory](#) to find providers who offer virtual appointments. View your [telehealth options](#) today.
- 7. New TRICARE members can learn about coverage options.** If you are a new TRICARE member, the [TRICARE Choices in the United States Handbook](#) is a great place to get familiarized with what TRICARE has to offer. Learn about plan options, how the plan works, dental and vision coverage, and more. Get started today!
- 8. Using HNFS' automated phone system.** HNFS offers a variety of self-service tools so you can easily access your TRICARE information. While many of these tools are online, don't forget you can also use our automated self-service telephone system at any time, 24/7. Need to check your eligibility, make an enrollment payment or review your authorization/ referral status? Simply [contact us](#) to get started.
- 9. Take advantage of preventive care coaching opportunities.** These one-on-one coaching sessions offer education and guidance to help you achieve your goals related to a healthy lifestyle change. Our Healthy Eating program focuses on a variety of nutrition topics and is tailored to your needs. Stress Management coaching helps you accomplish personal goals around managing and reducing the effects of stress, providing you a variety of techniques that can lead to long-term lifestyle habits. Learn [more](#).
- 10. Ready to start a new exercise plan?** If you need help, the Fitness for Life section in our [Healthy Weighs for Life](#) program provides the information you need to get started with a fitness plan or improve on your current plan, stay focused and deal with challenges.