



In Case You Missed it

TRICARE® West Region e-Updates

August 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. **Make preventive care a priority for children heading back to school.** Do you have a child going back to school? Many schools require children get an annual exam and be up to date on certain vaccines. As you begin shopping for school supplies and setting up school-year routines, don't forget to schedule a beginning of the year health exam for your child so they can start school on the right track. Learn more about [TRICARE's preventive services benefit](#).
3. **Keep your information in the Defense Enrollment Eligibility Reporting System (DEERS) up to date.** Have you recently moved? 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. **Are you the parent or legal guardian of a minor child?** If so, it's important to understand your access rights to your child's health care records and decisions. The Health Insurance Portability and Accountability Act (HIPAA) Privacy Rule safeguards minors' privacy regarding their health care choices and treatment. The Defense Health Agency offers information about [what parents need to know about the HIPAA Privacy Rule](#) and military health care. Also check out their article, "[TRICARE Coverage for Your Children: What You Need to Know](#)."
5. **Use our self-service automated phone system to get the information you need.** 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, locate a provider, or review your authorization/ referral status? Simply [contact us and use the self-service phone prompts](#) to get started.
6. **Telehealth options are just a click away.** Virtual health care continues to be a popular option to receive health care. No more having to drive to a doctor's office, find child care, or sit in a waiting room with those who may be ill and contagious. If you prefer virtual health care options, we've got you covered. Telehealth options allow you to get the care you need from the comfort of your home. [Connect with a telehealth provider](#) to get the care you need.
7. **Take prescribed opioids safely.** Opioids are a class of controlled drugs that doctors may prescribe to help patients with moderate to severe pain. Yet, opioids can be highly addictive. Even if you take opioids as prescribed, you should work with your doctor to create a plan to prevent opioid misuse. You also can talk with your provider about managing pain without prescription opioids. Medicines such as acetaminophen and ibuprofen can have fewer side effects and risks. If you are currently struggling with opioid misuse, [you have options for getting help](#).
8. **Check out HNFS resources for your mental health.** Visit our [Learning Center](#) for recorded classes on anxiety, depression and stress management. Our [Health Topics](#) section has web links to additional resources on these issues. One-on-one coaching is available for anxiety and depression. Visit our [FAQ page](#) for information and to nominate yourself.
9. **Human Papillomavirus (HPV) - Men can get it too!** According to the CDC, about 4 in 10 cases of cancer caused by HPV occurs in men. These types of cancer may not be found until they cause serious health problems. Because there currently is no approved screening for men for HPV, it's important to talk with your doctor about getting the [HPV vaccine](#). Visit our [Sexual Health page](#) in our Health Topics section for more information on HPV.
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.