

Read the latest TRICARE West Region updates from HNFS!



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In Case You Missed it

TRICARE® West Region e-Updates

October 2024

- As it nears TRICARE Open Season (Nov. 11-Dec. 10), remember that a new TRICARE West Region contract is scheduled to start Jan. 1, 2025.** Because of this, you'll need to contact TriWest Healthcare Alliance about any enrollment changes that are effective Jan. 1. If you need to make an enrollment change because of a qualifying life event this year, we can help you. For more information, visit www.tricare.mil/west. Check out our [frequently asked questions](#) (FAQ) and TRICARE's [FAQ page](#).
- Do you have active referrals or authorizations issued by Health Net Federal Services?** How you get care won't change for the rest of 2024. But you might have questions about what will happen in 2025, especially if you are getting care that may continue into next year. Learn more about [what to expect starting Jan. 1](#).
- Update your contact information in the Defense Enrollment Eligibility Reporting System (DEERS).** Keeping information in DEERS up to date is an important step in making sure you can use your TRICARE benefit should you need it. It also will help make sure you don't miss important communications about your TRICARE benefit and upcoming changes. Learn more at www.tricare.mil/DEERS.
- Do you know the difference between emergency care and urgent care?** Understanding this can make a big difference for your health. Both emergency rooms and urgent care clinics help with medical problems, but they are used for different reasons. When you or someone in your family needs quick medical care, it's important to know which one to choose. TRICARE offers tips on [knowing when to get emergency care vs. urgent care](#).
- Protect yourself from the flu this year.** The CDC reports that during a severe season, flu has resulted in as many as 41 million illnesses, 710,000 hospitalizations, and 52,000 deaths. Getting an annual flu vaccine can help you stay healthy and reduce your risk of serious outcomes! Visit vaccines.gov to find a flu vaccine near you. For TRICARE benefit details, visit www.tricare.mil/flu.
- Use secure online tools to get information you need.** Our [online self-service tools](#) allow you to conduct TRICARE transactions at any time. View authorization and referral letters, check claim status, and more (secure tools require you to log in). You can also use our automated phone system to check eligibility, get authorization status and more. Simply [contact us and use the self-service phone prompts](#) to get started.
- Skip the car ride.** You have telehealth options. Virtual health care is a convenient way to keep your health care on track, especially during cold and flu season when you may not feel comfortable going into a doctor's office. Visit our [Telehealth Options](#) page or use the "telemedicine" filter in our [provider directory](#) to find providers who offer telehealth care services. TRICARE referral requirements for telehealth are the same as with in-person care.
- Recognizing mental health needs is vital to the well-being and readiness of our military force.** Seeking help is a sign of strength. Take the time to learn what resources are available at www.health.mil/mentalhealth. If you or someone you know needs support now, call or text 988 or chat at 988Lifeline.org. 988 connects you with a trained crisis counselor who can help.
- October is Breast Cancer Awareness Month.** This month is all about [spreading awareness](#) and encouraging women to get screened, if appropriate. Routine screening mammograms can detect cancer at an early stage. And with more treatment options available today, major surgery is less likely with a breast cancer diagnosis. **TRICARE covers one screening mammogram annually** beginning at age 40, or age 30 if high risk. Talk with your doctor to learn about your options.
- Take the first step toward quitting tobacco.** Listen to our recorded class, [Preparing to Quit Tobacco](#), for information on quitting. Or work at your own pace to create a quit plan with our [Time to Quit](#) online tobacco cessation program. If making a healthy change and sticking with it is challenging for you, consider learning skills for change in our Nov. 13 [Making Healthy Changes for Life](#) webinar.