



# In Case You Missed it

## TRICARE® West Region e-Updates

December 2022

- 1. Preview the 2023 TRICARE provider handbook.** The [2023 TRICARE West Region Provider Handbook](#) is online for you to preview. This handbook is effective Jan. 1, 2023 and includes important information about TRICARE and HNFS contract requirements. As a reminder, network providers are required to review the handbook annually, in its entirety, as a component of your TRICARE Provider Agreement.
- 2. Review 2023 cost-share and copay information.** Effective Jan. 1, 2023, some TRICARE copayments, cost-shares, and other beneficiary out-of-pocket costs will change. Find 2022 and 2023 beneficiary cost details on our website in the New Year. You can direct your patients to preview costs by downloading [TRICARE's 2023 costs and fees sheet](#).
- 3. Provider portal registration update.** Expected in 2023, HNFS will be transitioning the provider website registration process to [ID.me](#). ID.me specializes in digital identity protection and uses identity proofing technology with multi-factor authentication. Stay tuned for more information coming soon.
- 4. Flu and COVID-19 vaccines.** Flu season is here, which is a good time to remind patients to get a flu vaccine and stay up to date with their COVID-19 boosters. Find the latest Centers for Disease Control Prevention (CDC) recommendations by visiting the [CDC website](#). Encourage your patients to protect themselves today!
- 5. Mommy care kits not a covered TRICARE benefit.** HNFS has seen an increase in requests for kits (also referred to as [mommy care kits](#)) that include durable medical equipment (DME) items that support pregnant women with comfort care. Please note, TRICARE does not cover DME prescribed solely for convenience or comfort. Maternity care items must be deemed medically necessary to be covered.
- 6. Access Autism Care Demonstration (ACD) resources online.** Did you know that Health Net Federal Services, LLC (HNFS) has a [catalog of ACD resources](#) for you and your patients on our website? Information for providers includes ACD frequently asked questions, TRICARE guidelines and requirements, and HNFS-specific policies and procedures. Resources and information available for your patients cover eligibility, referrals, copayments and cost-shares, and more.
- 7. Remind TRICARE beneficiaries to keep other health insurance (OHI) updated.** Having accurate [other health insurance \(OHI\) information](#) for TRICARE beneficiaries helps expedite referral, authorization and claims processing. Beneficiaries who need to manage their other health insurance information with HNFS can do so via web, mail, fax, or phone.
- 8. The benefits of using biosimilars.** Biosimilars, approved by the U.S. Food and Drug Administration (FDA), are biologic drugs or products generally made from living organisms, such as yeast and bacteria that are similar to other FDA-approved biologic. There are now [38 FDA-approved biosimilars](#) available to treat various diseases that include but are not limited to certain cancers, kidney and autoimmune diseases. As a reminder, TRICARE covers most FDA-approved prescription drugs and vaccines, which includes biosimilars.
- 9. Personalized coaching for your patients.** Do you have patients that could use some help managing a chronic condition? Consider our Chronic Care/Disease Management programs. TRICARE beneficiaries under 65 and not on Medicare are eligible to participate in individualized coaching on anxiety, asthma, COPD, CAD, diabetes, depression, and heart failure. Coaching is provided by a disease management specialist, and you are kept informed of your patient's progress. Visit the [Chronic Care/Disease Management](#) provider page to nominate a patient today.
- 10. Printable patient resources for health and wellness!** Have you checked out our Health and Wellness Provider Toolkit? It's full of resources you can print and use in your office or hand out to patients who may be looking to improve their overall health. Posters, flyers, waiting room messages, topic sheets, ideas for social media, and more have been created on a wide variety of topics. [Check out the toolkit](#) today to see what's available!

COVID-19 Updates: Go to [www.tricare-west.com/go/COVID19](http://www.tricare-west.com/go/COVID19).