



In Case You Missed it

TRICARE® West Region e-Updates

October 2022

- 1. Updates to TRICARE's contraceptive care.** Contraceptive care is an important part of overall health and supports your patients' goals. As of July 28, 2022, TRICARE is no longer requiring cost-shares or copayments for all **TRICARE-covered reversible medical contraceptives**. These include IUDs, hormonal shots, and slow-release hormonal rods that go under the skin. Claims can be submitted after Nov. 1 for services on or after July 28.
- 2. Flu and COVID-19 vaccines.** With flu season approaching, remind patients the COVID-19 vaccine does not protect against the flu, and that the flu vaccine and COVID-19 vaccine can be given together. Get the latest Centers for Disease Control Prevention (CDC) recommendations by visiting the **CDC website**. Encourage your patients to protect themselves today!
- 3. Ambulance ground transportation updates.** Retroactive to July 1, 2022, TRICARE will allow for **coverage of ambulance ground transportation from a military or civilian airfield** to the accepting medical facility. More information on this change and ambulance services is available in TRICARE Policy Manual, Chapter 8, Section 1.1.
- 4. Autism Care Demonstration (ACD): discharge summary reports.** Part of caring for ACD patients includes caring about their future after ACD treatment. A **discharge summary report** covers why a patient was discharged and next steps for patients and parents/caregivers once a patient's ABA services end. These reports may include information on referrals, second opinions and future treatment needs. They also include vital information on why a patient's treatment ended. While not separately reimbursable, TRICARE requires ABA providers to create and submit discharge summary reports anytime they have a patient whose treatment ends.
- 5. Submitting patient consultation reports to referring providers.** Was a patient referred to you by a military hospital or clinic provider? Be sure to return your consult notes to the referring provider in a timely manner. TRICARE requires network providers to submit consultation reports, also known as patient encounter reports or clear and legible reports (CLRs) to referring military providers within specific time frames. Providing these detailed reports helps expedite treatment and ensure continuity of care for your TRICARE patients. For more information and a list of military facility fax numbers, visit our **CLR page**.
- 6. CareAffiliate® – the preferred authorization/referral submission tool.** Why **CareAffiliate**? It can be used for outpatient and inpatient requests and allows you to attach supporting documentation to help expedite our review. Log in at **www.tricare-west.com** to get started. We offer a **CareAffiliate Guide, self-paced tutorial and live webinars** to walk you through using this convenient tool.
- 7. Reminder about the Childbirth and Breastfeeding Support Demonstration (CBSD).** As part of the five-year CBSD, TRICARE covers certain services by certified labor doulas, lactation consultants and lactation counselors. These provider types can be searched for in our **CBSD directory**. Interested in joining our network? **Visit our website** for more information.
- 8. TRICARE patients have multiple telehealth options.** Access to virtual health care gives your patients options to take control of their health. Do you offer telehealth? Let us know by submitting an updated **TRICARE Provider Roster** so we can update your listing in our directory! Remember, TRICARE beneficiaries also have access to our telehealth partners. Learn more on our **Telehealth Options** page.
- 9. Resources to help your patients quit tobacco.** November 17 is **Great American Smokeout** day, so now is the perfect time to encourage your patients to get ready to quit. Our **Tobacco Cessation Resources** page is full of patient resources, including online programs, recorded classes, and printable materials. Patients can get started with preparing a quit plan with our **Time to Quit** online program.
- 10. October is Breast Cancer Awareness Month.** This month is all about **spreading awareness** and encouraging women to get screened, if appropriate. TRICARE covers **one screening mammogram annually** beginning at age 40, or age 30 if high risk; TRICARE covers an annual breast MRI screening beginning at age 30, for women who have a 20% or greater lifetime risk of breast cancer. See what **Choosing Wisely®** recommends for screening mammography and the use of MRI for breast cancer screenings. Find patient resources for breast health and other cancers in our **Provider Toolkit**.

COVID-19 Updates: Go to www.tricare-west.com/go/COVID19.