



In Case You Missed it

TRICARE® West Region e-Updates

March 2023

- 1. Getting and using referrals with TRICARE.** Understanding the ins and outs of the TRICARE referral process can be tricky. A referral is when your primary doctor sends you to another doctor or specialist to receive care. Whether you need a referral depends on your beneficiary category, which TRICARE plan you use, and the type of care you need. Check out [TRICARE's questions and answers to learn when you need a referral and helpful tips for using them](#). Don't forget! You can [check referral status online](#) or through our [telephone self-service option](#).
- 2. Diabetes drugs, supplies and equipment.** [Managing diabetes is critical](#) to staying healthy. TRICARE covers many prescription drugs and supplies to help. Recently, TRICARE began covering the Omnipod 5 insulin delivery device under your pharmacy benefit. Pre-authorization is required. Right now, you can only get the device at a retail pharmacy. Copays may apply and vary per health plan.
- 3. What to do following a qualifying life event.** If you've recently moved, had a baby, gotten married, or gone from active duty to retirement, this is known as a [qualifying life event \(QLE\)](#). In most cases a QLE opens a 90-day window for you to make changes to your existing TRICARE plan outside of TRICARE's Open Season. Following major life events, such as the ones listed above, be sure to update your record in the [Defense Enrollment Eligibility Reporting System](#) or DEERS. Once DEERS is updated, you will be able to make eligible plan changes.
- 4. Keep your other health insurance (OHI) up to date.** It's important to keep your [OHI information with us up to date](#) so your health care claims are processed accurately. You can easily update your OHI online at any time or by submitting a TRICARE Other Health Insurance Questionnaire. Check out our OHI web page for more information on how your OHI works with TRICARE.
- 5. Autism Care Demonstration (ACD): The importance of comprehensive care plans.** If you have a child receiving care under TRICARE's ACD and have an assigned Autism Services Navigator (ASN), take a moment to review key points about [comprehensive care plans \(CCPs\)](#). The CCP is a written plan to help set and monitor care goals, identify any needed help or resources, and assist with keeping track of due dates for ACD requirements like referrals and outcome measures. The CCP is due 90 days after you are assigned an ASN and must be updated a minimum of once every six months. Maintaining contact with your assigned ASN is a vital part of developing and updating the CCP.
- 6. Get health care answers 24/7 with the Military Health System (MHS) Nurse Advice Line.** Sometimes you may need medical advice or just have general medical questions. The [MHS Nurse Advice Line](#) can help. Nurses are available via phone, web chat or video chat so you can receive health advice and get all your questions answered. As always, if you or your loved ones need immediate assistance, call 911 or go to the nearest emergency room.
- 7. Explore your virtual health care options.** Are you putting off important health care because you don't want to go into the doctor's office? We can help! Virtual health care appointments are a good alternative to in-person visits. Visit our [network provider directory](#) to find providers who offer telemedicine or connect with one of our telehealth partners to get started.
- 8. Keep your eyes healthy.** Just as regular check-ups with your doctor and going to the dentist are important, [keeping your eyes healthy](#) is also critical for overall health. With TRICARE, you may have the option of being seen at a military hospital or clinic or a TRICARE-authorized optometrist or ophthalmologist. Coverage details vary by plan.
- 9. Did you know?** Colorectal cancer screenings now start at age 45 for those who are at average risk to develop this cancer. Screenings may start earlier if you are at high risk. Talk with your doctor about when and how often you should be screened. Visit [www.tricare.mil/preventive](#) for TRICARE benefit details. Learn about colonoscopies and other preventive screenings at [Choosing Wisely](#).
- 10. March is National Nutrition Month.** Find videos, presentations, interactive tools, and resources on nutrition, healthy eating, meal planning, weight management skills and strategies, and more with our [Healthy Weighs for Life](#) online program. Don't delay – begin eating and living healthier today. If this is your first attempt at losing weight, try our [Basics for Reaching a Healthy Weight](#) program to get started. We also have new one-on-one coaching available for The Basics of Healthy Eating and Stress Management. Learn more and register on our [Preventive Care Coaching](#) page.