



In Case You Missed it

TRICARE® West Region e-Updates

December 2023

- 1. Preview the 2024 TRICARE provider handbook.** The [2024 TRICARE West Region Provider Handbook](#) is online for you to preview. This handbook is effective Jan. 1, 2024, 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 2024 cost-share and copay information.** Effective Jan. 1, 2024, some TRICARE copayments, cost-shares, and other beneficiary out-of-pocket costs will change. Find 2023 and 2024 beneficiary cost details on our website in the New Year. You can direct your patients to preview costs at www.tricare.mil.
- 3. A look at TRICARE Select.** Recently, TRICARE beneficiaries had the opportunity to review their health plan choices for the coming year. TRICARE Open Season ran from Nov. 13-Dec. 12, 2023, with enrollment changes becoming effective Jan. 1, 2024. As providers, it's important to understand the plan options offered to TRICARE patients. [Review some of the most frequently asked questions about TRICARE Select](#), a self-managed, preferred provider organization (PPO) plan for eligible non-active duty service members.
- 4. Understanding birthing center and midwife certification requirements.** As with all provider types, birthing centers and midwives must meet [specific licensing and certification requirements](#) to be certified as TRICARE-authorized providers. Beneficiaries must use TRICARE-authorized providers for TRICARE to cover health care services. Birthing centers must be accredited by one of three specific agencies. Certified nurse midwives (CNM) and registered nurses (RN) who are not CNMs but have been referred by licensed physicians and are under physician supervision can offer midwifery services under TRICARE. It's important to note that non-CNMs and non-RN midwives cannot be TRICARE-authorized providers. This includes certified professional midwives.
- 5. Benefit updates to [automatic blood pressure monitors and mobile medical applications](#).** TRICARE now covers automatic blood pressure monitors prescribed for patients receiving covered remote physiologic monitoring (RPM) services. Previously, TRICARE excluded automatic blood pressure monitors from coverage. Manual blood pressure monitors remain excluded. Additionally, TRICARE has recently defined coverage guidelines for condition-specific health mobile medical applications (MMA). TRICARE will only cover MMAs that meet the definitions for durable medical equipment detailed in TRICARE Policy Manual, Chapter 8, Section 2.1. Currently, no MMAs meet TRICARE's requirements for coverage.
- 6. Autism Care Demonstration (ACD) guidelines on Tax Identification Numbers (TIN) and reimbursement.** For your ACD-related reimbursements to process correctly, it is important providers keep Health Net Federal Services, LLC (HNFS) informed of TIN changes. [The TIN listed in an ACD authorization must be current and match the TIN submitted](#) on the associated claims. Incorrect or non-matching TINs require HNFS to rekey authorizations and can lead to denied claims and delayed reimbursement.
- 7. Consider Quest Diagnostics when referring patients for lab work.** We know you have options for where you send patients to get their lab work completed. We also know you depend on lab results to guide treatment and care. Health Net Federal Services, LLC (HNFS) has designated [Quest Diagnostics as a high-value provider and preferred laboratory](#) in the TRICARE West Region network. There are multiple locations, and they offer an extensive test menu to save patients time and effort. Quest is committed to providing quality and accurate lab results by investing in cutting-edge technology and research to provide custom solutions.
- 8. Attend a live webinar on using CareAffiliate®.** CareAffiliate continues to be the preferred method for submitting pre-authorization and referral requests to HNFS. Need help using this tool? We've got you covered. Attend a live webinar presented by one of our TRICARE educators to learn the basics on using CareAffiliate. Our next webinar events are [coming up in January](#). Registration is required to attend.
- 9. Mental health resources for your patients.** Refer your patients to our [Learning Center](#) for classes on stress management, coping with financial stress, anxiety, and depression. Visit our [Provider Toolkit](#) for more resources on these topics.
- 10. Patient health during cold and flu season.** Remind your patients to stick to the basics for health: eat healthy, exercise, get plenty of rest, and get vaccinated. The Centers for Disease Control and Prevention has resources to help [promote immunizations](#), as well as information on [RSV vaccinations](#) for patients 60 and over.