

TRICARE

Choices for the National Guard and Reserve



Meeting Your Health Care Needs Before, During, and After Activation

TRICARE is committed to sustaining the health of National Guard and Reserve members and their families before, during, and after activation. TRICARE is pleased to offer you and your family two voluntary, premium-based plans for health and dental services.

TRICARE Reserve Select (TRS)

- Available for purchase by qualified members of the Selected Reserve when they are **not** on active duty.
- Coverage similar to TRICARE Standard and TRICARE Extra (*deductibles and cost-shares apply*).
- For more information about qualifying for and purchasing TRS, visit www.tricare.mil/reserve/ReserveSelect.

TRICARE Dental Program (TDP)

- Dental plan you may purchase when you are **not** covered by active duty dental benefits.
- When you are activated, family members already enrolled in the TDP pay reduced premiums and may enroll at that time.
- For more information about enrolling in the TDP, call United Concordia Companies, Inc. (United Concordia) at 1-800-866-8499 or visit www.TRICAREdentalprogram.com.

Eligibility

To verify your eligibility for TRICARE and to determine if you qualify for coverage under TRS or the TDP, visit the Guard and Reserve Web Portal at <https://www.dmdc.osd.mil/appj/trs/index.jsp>. If you qualify, you may purchase TRS for you and your family when you are not on active duty orders. You may purchase the TDP for your family at any time.

Registration in the Defense Enrollment Eligibility Reporting System (DEERS) is required before family members can become eligible for any TRICARE coverage. Be sure to register all of your eligible family members in DEERS now so you are ready if you are activated. To register, visit www.tricare.mil/deers; call 1-800-538-9552, Monday through Friday, 9 a.m. to 6:30 p.m. Eastern Standard Time; or visit a uniformed services identification (ID) card-issuing facility near you. **Note:** Registering in DEERS is not the same as enrolling in TRICARE Prime, TRS, the TDP, or other health plan options listed in this flyer.

For Information and Assistance

National Guard and Reserve members should contact their unit commander or medical/dental representative with questions regarding eligibility or health and dental benefits. If you have questions about any of the health plan options discussed in this flyer, contact your regional contractor or your TRICARE Area Office if you are stationed overseas.

TRICARE Stateside	TRICARE North Region Contractor Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) www.healthnetfederalservices.com	TRICARE South Region Contractor Humana Military Healthcare Services, Inc. 1-800-444-5445 1-877-249-9179 (<i>active duty programs</i>) www.humana-military.com	TRICARE West Region Contractor TriWest Healthcare Alliance Corp. 1-888-TRIWEST (1-888-874-9378) www.triwest.com
TRICARE Overseas	TRICARE Europe 011-49-6302-67-7432 www.tricare.mil/europe	TRICARE Latin America and Canada 1-706-787-2424 1-800-834-5514 (toll-free) www.tricare.mil/tlac	TRICARE Pacific 011-81-6117-43-2036 www.tricare.mil/pacific

If you have questions about the **TDP**, contact United Concordia at 1-800-866-8499 or visit www.TRICAREdentalprogram.com.

For more information about the **Continued Health Care Benefit Program**, contact Humana Military Healthcare Services, Inc. at 1-800-444-5445 or visit www.humana-military.com/chcbp/main.htm.

An Important Note about TRICARE Program Changes

At the time of printing, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law. Changes to TRICARE programs are continually made as public law is amended. For the most recent information, contact your TRICARE regional contractor.



Health and Dental Options During the Activation/Deactivation Cycle

Your coverage will vary depending on your military status: not activated, activated, or deactivated. The table below summarizes the changes you and your family can anticipate.

Sponsor's Status	Potential Coverage	Coverage for You (Sponsor)	Coverage for Your Family Members
Not Activated (includes members on active duty orders for 30 days or less)	Line-of-Duty Care	Any injury, illness, or disease incurred or aggravated in the line of duty is covered.	Line-of-duty care does not apply to family members.
	TRS (premium-based)	Qualified members may purchase TRS member-only or TRS member-and-family coverage during this period.	Family members are covered if you purchase TRS member-and-family coverage.
	TDP	You may purchase the TDP during this period. Note: Your enrollment in the TDP is separate from any family member enrollments.	Family members may purchase the TDP during this period at the National Guard and Reserve family member rate.
Delayed-Effective-Date Activation Orders Received	Pre-Activation Benefit*	You may qualify for active duty health and dental benefits for up to 90 days before active duty begins. Your National Guard or Reserve personnel office will notify you of your eligibility.	If you qualify for pre-activation benefits, your eligible family members are also covered by pre-activation benefits.
Activated (on active duty orders for more than 30 consecutive days)	Health Coverage	When activated, you are covered by TRICARE (without premiums)—the same as any other active duty service member. If enrolled in TRS at the time of activation, TRS is automatically terminated. Once you reach your final duty station, you will enroll in one of the TRICARE Prime options (TRICARE Prime, TRICARE Prime Remote, TRICARE Prime Overseas, or TRICARE Global Remote Overseas).	When you're activated, eligible family members are also covered by TRICARE (without premiums). If enrolled in TRS at the time of activation, TRS coverage is terminated. Family members are automatically covered by TRICARE Standard and TRICARE Extra, but must enroll to be covered by a TRICARE Prime option.
	Dental Coverage	When activated, you are covered by active duty dental benefits. You are automatically disenrolled from the TDP (if enrolled).	If already enrolled in the TDP, coverage continues at a reduced premium rate. Or, if not already enrolled, family members may purchase the TDP now at the reduced premium rate.
Deactivated (released from a period of activation)	Transitional Assistance Management Program (TAMP)*	Offers transitional TRICARE coverage for 180 days with the same costs as active duty family members. You may enroll (or re-enroll) in TRICARE Prime, if available, or use TRICARE Standard and TRICARE Extra. Note: TRICARE Prime Remote is not available during the TAMP period.	Eligible family members are also covered during the TAMP period.
	Continued Health Care Benefit Program (CHCBP) (premium-based)	A temporary, premium-based health plan available for purchase by qualified members after TRICARE coverage or TAMP ends, whichever is later. Provides up to 18 months of coverage.	Eligible family members are also eligible for CHCBP coverage.
	TRS (premium-based)	If you qualify, you may purchase TRS after active duty benefits or TAMP coverage ends. You must have your TRS Request Form (DD Form 2896-1) in the mail and postmarked within 60 days of the last day of your previous TRICARE coverage (e.g., active duty benefits, TAMP), to receive continuous benefits.	If you purchase TRS member-and-family coverage, your family members are covered by TRS.
	TDP	If you were enrolled in the TDP before you were activated, you will be automatically re-enrolled upon deactivation.	Family members will remain enrolled in the TDP, but the premium rate will increase to the National Guard and Reserve family member rate. If not already enrolled, they can enroll.

* Active duty must be in support of a contingency operation to qualify for pre-activation or TAMP coverage. Examples of contingency operations include Operations Enduring Freedom, Noble Eagle, and Iraqi Freedom.

For more information about your TRICARE benefits and how they change during periods of activation and deactivation, visit the TRICARE Web site at www.tricare.mil. Once you have entered your profile, you can explore the plan you are using and see how the benefits change when you are activated, deactivated, and deployed.

If you have additional questions not addressed in this flyer, please contact your unit commander, personnel office, or a National Guard or Reserve Beneficiary Counseling and Assistance Coordinator (BCAC). You can locate a BCAC near you by visiting www.tricare.mil/bcacdcdo.