



In Case You Missed it

TRICARE® West Region e-Updates

April 2023

1. Learn about the difference between TRICARE network providers and non-network providers.

Finding the right doctor is an important part in staying healthy and getting the care you need. As you search for providers you may see the terms “network provider” and “non-network provider.” To avoid unexpected out-of-pocket costs, it is crucial that you know the difference. The main difference is that network providers have a signed agreement with TRICARE whereas non-network providers do not. Using a non-network provider may also mean you pay more out of pocket. [Learn more about the differences](#) and how you could be impacted.

2. Use the compare cost tool to find your TRICARE costs. Whether you want to view your current plan costs or you are experiencing a qualifying life event and want to switch plans, [the compare cost tool is a great resource](#). This tool will show you enrollment fees, deductible amounts, catastrophic caps, health plan costs, and pharmacy costs. Don't get caught off guard; know your costs before you get care.

3. Take advantage of self-service tools to view authorization or referral information. Health Net Federal Services, LLC (HNFS) makes it easy for you to check the status of referrals and authorizations. With just a few steps, you can see status and other details within seconds. You can even print your authorization letter for your records. View our [quick reference guide](#) for step-by-step instructions. Don't forget, you can also get this information by using our automated phone system at 1-844-866-WEST (9378).

4. Don't put off covered cancer screenings. Getting important cancer screenings when eligible is key to a more effective and positive outcome should you receive a cancer diagnosis. [TRICARE covers several types of cancer screenings](#) as part of routine preventive care. Beneficiaries can be screened regularly for breast cancer, cervical cancer, colorectal cancer, testicular cancer, and more.

5. Learn how you may benefit from one of TRICARE's pilots or demonstrations. TRICARE develops pilots and demonstrations as a way to test new medical services, treatments, and approaches. Among other reasons, these pilots and demonstrations are developed to enhance health care experiences and reduce health care costs. Currently, [TRICARE has three active demonstrations](#) for autism care, childbirth support, and low back pain. Certain groups have the chance to benefit from these services during an evaluation period. Results from these programs may result in future benefit changes.

6. Discover how TRICARE covers different types of care. Illnesses, broken bones and other health-related situations can occur at any time. [Knowing where and when to get care is important](#). Some situations may mean you need to go to the emergency room or an urgent care center, while other situations may allow you time to wait for a routine or preventive health care visit. Additionally, a specialty visit may be needed if your primary care provider can't address a specific issue. TRICARE coverage varies by plan type so getting to know your plan can help you determine what is covered and what costs may be associated with the care you need.

7. Are you taking advantage of telehealth care options? Telehealth care saves time and eliminates the need to travel to a health care facility, where you may face parking challenges and long wait times. With telehealth, you can see health care providers at your convenience, without having to leave your home or take time off work. [View your telehealth options](#) and get connected with a telehealth provider.

8. Expand your knowledge of TRICARE by attending a live TRICARE webinar. HNFS offers beneficiary briefings via live and pre-recorded webinars. Our experienced TRICARE staff present on various TRICARE-related topics from basic information to more in-depth benefit details. View our [current schedule](#) online today. Additionally, we have pre-recorded briefings you can watch any time.

9. April is National Stress Awareness Month; we offer resources to help you cope. Visit our [Learning Center](#) for recorded classes on stress management, anxiety and depression. Our [Health Topics](#) section has web links to additional resources on these topics. We also have [one-on-one coaching](#) for stress management. For help with anxiety or depression, visit our [FAQ page](#) for more information and to self-nominate for one of HNFS' chronic care/disease management programs.

10. Take charge of your health. Daily exercise, eating healthy, stress management ... what else do you need to do for your health? Try our [Take Charge of Your Health](#) self-care program for more information on how to get and stay healthy. Get help with making positive lifestyle changes with our [Making Healthy Changes for Life](#) interactive webinar. Talk with your doctor about health screenings and exams you may need to schedule. Visit [Choosing Wisely®](#) to learn more about adult health check-ups and screenings, and avoiding unnecessary tests and health care costs.



An exploration of the many benefits available to you through your TRICARE health plan.

April's topic:

The Impact of Loneliness on Overall Health