



# In Case You Missed it

TRICARE® West Region e-Updates

January 2023

- 1. Take time to review your TRICARE plan costs for 2023.** As of Jan. 1, 2023, some out-of-pocket costs have changed for most TRICARE health plans. Find current copayments, cost-shares and enrollment fees by using TRICARE's cost comparison tool at [www.tricare.mil/costs](http://www.tricare.mil/costs).
- 2. How to make plan changes in 2023.** Now that TRICARE Open Season is over, the only way you can make a change to your TRICARE plan is after a qualifying life event. These events, such as moving, getting married or having a baby, allow you to make TRICARE Prime or TRICARE Select plan changes. Learn about enrollment options at [www.tricare.mil/lifevents](http://www.tricare.mil/lifevents).
- 3. There is still time to get a flu (and COVID-19) vaccine.** The best way to prevent the flu is by getting vaccinated every year. Remember, **TRICARE covers the flu vaccine** as a preventive service benefit. And, if you are not up to date on your **COVID-19 vaccine**, you can even get both vaccines at the same time!
- 4. Learn the basics of your TRICARE plan.** A new year means you may be enrolled in a new TRICARE plan. Taking a moment to **become familiar with your TRICARE plan** is key in making the most of your benefits. By understanding how your plan works, you can discover eligibility requirements, what is covered, how to avoid higher out-of-pocket costs, and more.
- 5. TRICARE Pharmacy Program changes.** There are **four changes that have affected the TRICARE Pharmacy Program**. While most of the changes enhance the pharmacy benefit, some of them may require you to take some action. Don't get caught off guard; find out what changes have been made to avoid possible issues when renewing or filling your prescriptions.
- 6. Telehealth options are just a click away.** Access to virtual health care is a convenient way to keep your health goals on track, especially when you can do so from the comfort of home. Luckily, you have several options right at your fingertips. Check our **telehealth options** web page to get started.
- 7. Autism Care Demonstration (ACD) updates – do you have copayments?** If you have a child receiving services under TRICARE's ACD, you may have copayments. Copayment amounts will vary depending on your sponsor's status and TRICARE plan. Amounts also will vary if you have other health insurance. **Review frequently asked questions** to learn more.
- 8. Understand the difference between a network provider and a non-network provider.** Having the right doctor is critical to your overall health and well-being. If you are searching for a new doctor, you may find some listed as **"network provider" or "non-network" provider**. To avoid higher out-of-pocket costs and other surprises, it's important to know the difference. Don't forget, we make it easy to find providers using our **online provider directory**.
- 9. Now is the time to quit for good.** Is 2023 the year you quit smoking? We have resources that can help! Work at your own pace to create a quit plan with our **Time to Quit** online tobacco cessation program, or listen to our recorded class, **Preparing to Quit Tobacco**, to help you identify your challenges with quitting smoking.
- 10. A new year means a new you.** Whether you want to lose weight or just eat healthier this year, we have resources that can help! Start with our Making Healthy Changes for Life Class for the skills necessary for any change. **Register** for our February 22 class. Online programs include **Basics for Reaching a Healthy Weight** (the basics of healthy eating and weight control) and **Healthy Weighs for Life** (focusing on skills for weight loss, healthy eating, meal planning, designing a fitness program, and more).