

TRICARE University



Newsletter



Welcome Message

Welcome to TRICARE University's very first eNewsletter! What an exciting endeavor this is for all of us. The Customer Communications Branch strives to ensure all communication to and with the beneficiaries is timely, accurate, and clear.

The Division's goal is to take on a leadership role in promoting customer communication relationships and discussion by:

- Educating customer service representatives, and
- Communicating benefit and policy updates to those serving the beneficiary population

Here you will find some of the latest updates to the TRICARE benefit as well as a schedule of courses and conferences available through TRICARE University and other TRICARE support Web sites.

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Quarter 2—2008

Enhanced Extended Care Health Option (ECHO) Benefit

On April 1, 2009, TRICARE implemented the Enhanced ECHO Benefit. This new benefit increases the government's limit for the cost of certain ECHO benefits to \$36,000 per year. This increased limit applies to benefits such as:

- Training
- Rehabilitation
- Special education
- Assistive technology devices
- Care in institutions and facilities (*including transportation to and from these facilities*)

For more information on the Enhanced ECHO Benefit, visit the Customer Service Community Web Site.

Medicare & TRICARE

Did you know Medicare-entitled active duty service members (ADSMs) are not required to purchase Medicare Part B until they retire to remain TRICARE eligible? Although this is a great exception, it is highly encouraged that Medicare-entitled ADSMs purchase Medicare Part B when first offered. Purchasing Part B during the initial offering period ensures no break in TRICARE coverage when the ADSM retires; ADSMs avoid the headache of paying any penalties for late enrollment when they come off active duty. For more information on Medicare and TRICARE:

- Visit TRICARE,
- Contact your TRICARE Regional Office,
- Register for our TRICARE Fundamentals Course Online, or
- Skip the registration process and partake in our TRICARE Public Course Online

Atlanta GA TRO North TFC - Feb 3-5, 2009
 The TRICARE Fundamentals Course was offered in the south region (TRO South/Atlanta GA) on February 3-5, 2009. The class was taught by Humana contractors.



TRICARE Reserve Select Monthly Premium Costs 2009

Beneficiaries enrolled in TRICARE Reserve Select (TRS) must pay monthly premiums and other cost shares. A check, money order, cashier check or Visa/Master Card are the accepted forms of payment. Premium rates are in effect for a full calendar year. Please review the chart below for current premiums.

TRICARE Reserve Select Premium Chart (Monthly)

	Member pays (28% of total premium cost)
TRS member only	\$47.51
TRS member and family	\$180.17

For complete details about TRS:

- Visit the TRS section on TRICARE's website or
- Register for our TRS Course Online or
- View the TRS Public Course Module

The Active Duty Respite Care Benefit

The Active Duty Respite Care benefit is for active duty service members (ADSMs) who are seriously ill or injured and require home health care. It is available in the United States as well as overseas. This benefit provides short-term care to the ADSM; allowing caregivers time to rest. For more information about respite care read ECHO Home Health CARE (EHHC).

Google Search!

TRICARE is now part of the Google world! The Communications and Customer Service office is providing the opportunity for you to search the TRICARE website using Google. An enhanced mechanism used to explore information; you will find this added feature fast and convenient. What are you waiting for? Go ahead and "Google" TRICARE! For more information visit: www.tricare.mil/mybenefit.



Virgin Islands TLAC TFC - Feb 23-25, 2009

The TRICARE Fundamentals Course was offered in the Latin American & Canada region (TLAC/Virgin Islands) on February 23-25, 2009. The class was taught by staff from the Falls Church VA Communications and Customer Service office.



TRICARE Dental Program Premiums

TRICARE Dental Program (TDP) payments change annually on the first of every February. Beneficiaries are required to pay the appropriate premium in full; partial payments are not accepted. Below is a chart of the monthly premiums.

TRICARE Dental Program Premiums Chart

Coverage Type (sponsor)	Enrollment Year Feb 1, 2009 – Jan 31, 2010		
	Active Duty	Nat'l Guard /SELRES	IRR
Sponsor Only	N/A	\$12.12	\$30.29
Single (one family member, excluding sponsor)	\$12.12	\$30.29	\$30.29
Family (more than one family member, excluding sponsor)	\$30.29	\$75.73	\$75.73
Sponsor & Family	N/A	\$87.85	\$106.02

For more information on TDP, register for the TRICARE Fundamentals Course Online, view the TDP Handbook or view the TDP Fact Sheet.

Conference 2009

The Military Health System (MHS) Conference will not take place this year. However, there is anticipation for an MHS conference early 2010. There will be a C&CS conference this year (more information coming soon)! Below, click the title of the conference you would like to attend for registration. For more information view TRICARE's Conference page.

Date	Conference	Location
May 27-28	Regional Joint Services Family Assistance Workshop	Arlington VA
June TBA	Regional Joint Services Family Assistance Workshop	Charleston SC

Class Schedule

Arlington VA TFC - Feb 24-26, 2009

The TRICARE Fundamentals Course was offered in the north region (TRO North/Arlington, VA) on February 24-26, 2009. The class was taught by Health Net contractors..



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Class Schedule for FY09 3rd Quarter

The TRICARE Fundamentals Course is an entry-level 3-day course designed for those who provide TRICARE counseling and assistance to beneficiaries. The primary audience includes:

- Beneficiary Counseling & Assistance Coordinators (BCACs)
- Debt Collection Assistance Officers (DCAOs)
- Contact Representatives who are on their initial TRICARE assignment
- Family Support personnel, Reserve Component Unit Representatives
- TRICARE staff and other personnel who have TRICARE outreach responsibilities and have less than 3 years of experience

To register, click on the link in the Location/Registration box.

The Pacific Remote Course is only for attendees from the Pacific Remote countries. Attendees from Japan, Okinawa, Korea, and Guam should attend the Pacific course in Tokyo.

Date	Region	Location/ Registration
May 12-14	TRO South	Orlando FL
May 19-21	TRO West	Los Angeles CA
June 1-4	TAO Pacific MTF Course	Tokyo Japan
June 8-11	TAO Pacific Remote Course	Siem Reap Cambodia
June 30-July 2	TAO Europe	Ramstein AFB/Europe



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