



TRICARE® Preventive Health Care Services

TRICARE coverage for health promotion and disease prevention examinations

Preventive care can help you maintain good health through early detection and treatment of diseases. TRICARE covers many preventive medical services, including preventive health screenings. Your location and beneficiary category will determine how you access care.

UNITED STATES

If you are enrolled in a TRICARE Prime option, you may receive preventive health care services from your primary care manager (PCM) or from any network provider in your enrolled region (*or US Family Health Plan service area*) without a referral or prior authorization. When using TRICARE Standard and TRICARE Extra, you may receive certain preventive care services* from any TRICARE authorized provider for no out-of-pocket costs.

* *These services include breast, cervical, colon, and prostate cancer screenings; immunizations; well-child visits; and health promotion and disease prevention visits.*

OVERSEAS

TRICARE Overseas Program (TOP) Prime beneficiaries should contact their PCM at their overseas military hospital or clinic. The PCM will arrange for any needed preventive health care services. TOP Prime Remote beneficiaries should contact their TOP Regional Call Center to coordinate care. TOP Standard beneficiaries can make appointments for preventive care with host nation providers, except in the Philippines, where beneficiaries are required to see certified providers for care. Additionally, if you reside in the Philippines and seek care within designated Philippine Demonstration areas, you must see approved demonstration providers to ensure TRICARE cost-shares your claims, unless you request and receive a waiver from Global 24 Network Services. Visit www.tricare-overseas.com/philippines.htm or www.tricare.mil/philippines for more information.

COMPREHENSIVE HEALTH PROMOTION AND DISEASE PREVENTION EXAMINATIONS

Adult: An annual comprehensive clinical preventive examination is covered for beneficiaries of all TRICARE program options if it includes an immunization, breast cancer screening, cervical cancer screening, colon cancer screening, or prostate cancer screening. TRICARE Prime beneficiaries in each of the following age groups may receive one comprehensive clinical preventive examination without receiving an immunization, breast cancer screening, cervical cancer screening, colon cancer screening, or prostate cancer screening (*one examination per age group*): 18–39 and 40–64.

Pediatric: Preventive services for children from birth until reaching age 6 are covered by all TRICARE program options under the well-child care benefit (*for more information on well-child care, see the “Well-Child Care” section of this fact sheet*). For children age 6 and older, an annual comprehensive clinical preventive examination is covered if it includes an immunization. School enrollment physicals for children ages 5–11 are also covered. TRICARE Prime beneficiaries in each of the following age groups may receive one comprehensive clinical preventive examination without receiving an immunization (*one examination per age group*): 6–11 and 12–17.

Note: Annual sports physicals are not covered.

TARGETED HEALTH PROMOTION AND DISEASE PREVENTION SERVICES

The following screening examinations may be covered for all eligible beneficiaries when provided in conjunction with a comprehensive clinical preventive examination or during other patient visits. The intent is to maximize preventive care.

*This fact sheet is **not** all-inclusive. For additional information, please visit www.tricare.mil.*

Cancer Screenings

• Breast cancer:

- **Clinical breast examination:** For women until reaching age 40, a clinical breast examination is covered during a preventive health visit. For women age 40 and older, an annual clinical breast examination is covered.
- **Mammograms:** Covered annually for all women beginning at age 40. Covered annually beginning at age 30 for women who have a 15 percent or greater lifetime risk of breast cancer (*according to risk assessment tools based on family history, such as the Gail, Claus, and Tyrer-Cuzick models*), or who have any of the following risk factors:
 - History of breast cancer, ductal carcinoma in situ, lobular carcinoma in situ, atypical ductal hyperplasia, or atypical lobular hyperplasia
 - Extremely dense breasts when viewed by mammogram
 - Known BRCA1 or BRCA2 gene mutation*
 - First-degree relative (*parent, child, sibling*) with a BRCA1 or BRCA2 gene mutation, and have not had genetic testing themselves*
 - Radiation therapy to the chest between ages 10 and 30
 - History of Li-Fraumeni, Cowden, or hereditary diffuse gastric cancer syndrome, or a first-degree relative with a history of one of these syndromes
- **Breast screening magnetic resonance imaging:** Covered annually, in addition to the annual screening mammogram, beginning at age 30 for women who have a 20 percent or greater lifetime risk of breast cancer (*according to risk-assessment tools based on family history, such as the Gail, Claus, and Tyrer-Cuzick models*), or who have any of the following risk factors:
 - Known BRCA1 or BRCA2 gene mutation*
 - First-degree relative with a BRCA1 or BRCA2 gene mutation, and have not had genetic testing themselves*
 - Radiation to the chest between ages 10 and 30
 - History of Li-Fraumeni, Cowden, or hereditary diffuse gastric cancer syndromes, or a first-degree relative with a history of one of these syndromes

* Listing of the BRCA1 or BRCA2 gene mutations as additional risk factors does not imply TRICARE coverage of BRCA1 or BRCA2 genetic testing as a clinical preventive service.

• Cervical cancer:

- **Human papillomavirus (HPV) DNA testing:** Covered as a cervical cancer screening only when performed in conjunction with a Pap test, and only for women age 30 and older.
- **Pap tests:** Covered annually for women starting at age 18 (*younger if sexually active*) or less often at patient and provider discretion (*though not less than every three years*).

• Colonoscopy:

- Average risk: Once every 10 years beginning at age 50.
- Increased risk: Once every five years for individuals with a first-degree relative diagnosed with colorectal cancer or an adenomatous polyp before reaching age 60, or colorectal cancer diagnosed in two or more first-degree relatives at any age. Optical colonoscopy should be performed beginning at age 40 or 10 years younger than the earliest affected relative, whichever is earlier. Once every 10 years, beginning at age 40, for individuals with a first-degree relative diagnosed with colorectal cancer or an adenomatous polyp at age 60 or older, or colorectal cancer diagnosed in two second-degree relatives.
- High risk: Once every one to two years for individuals with a genetic or clinical diagnosis of hereditary non-polyposis colorectal cancer (HNPCC) or individuals at increased risk for HNPCC. Optical colonoscopy should be performed beginning at age 20–25 or 10 years younger than the earliest age of diagnosis, whichever is earlier. For individuals diagnosed with inflammatory bowel disease, chronic ulcerative colitis, or Crohn's disease, cancer risk begins to be significant eight years after the onset of pancolitis or 10–12 years after the onset of left-sided colitis. For individuals meeting these risk parameters, optical colonoscopy should be performed every one to two years with biopsies for dysplasia.
- **Fecal occult blood testing:** Covered annually starting at age 50.
- **Lung cancer:** Low-dose computed tomography screening is covered annually for beneficiaries age 55–80 with a 30-pack-per-year history of smoking, who are currently smoking, or who have quit within the past 15 years. Screening should be discontinued once the individual has not smoked for 15 years or develops a health problem significantly limiting either life expectancy or ability or willingness to have curative lung surgery.
- **Proctosigmoidoscopy or sigmoidoscopy:**
 - Average risk: Once every three to five years beginning at age 50
 - Increased risk: Once every five years, beginning at age 40, for individuals with a first-degree relative diagnosed with colorectal cancer or an adenomatous polyp at age 60 or older, or two second-degree relatives diagnosed with colorectal cancer
 - High risk: Annual flexible sigmoidoscopy, beginning at age 10–12, for individuals with known or suspected familial adenomatous polyposis
- **Prostate cancer:** A digital rectal examination and prostate-specific antigen screening is covered annually for certain high-risk men ages 40–49 and all men over age 50.
- **Skin cancer:** Examinations are covered at any age for beneficiaries who are at high risk due to family history, increased sun exposure, or clinical evidence of precursor lesions.

Cardiovascular Diseases

- **Blood pressure screening:** Screening is covered annually for children age 3 until reaching age 6 and a minimum of every two years after reaching age 6 (*children and adults*).
- **Cholesterol screening:** Age-specific, periodic lipid panel as recommended by the National Heart, Lung, and Blood Institute.

Eye Examinations

- **Well-child care coverage (*birth until reaching age 6*):**
 - Infants (*until reaching age 3*): One eye exam and vision screening is covered at birth and at 6 months.
 - Children (*from age 3 until reaching age 6*): One routine eye examination is covered every two years. Active duty family member (ADFM) children are covered for one routine eye examination annually.
- **Adults and children (*over age 6*):** ADFMs receive one examination each year.
- **Diabetic patients (*any age*):** Eye examinations are not limited. One eye examination per year is recommended.
- **Retired service members, their families, and others:**
 - TRICARE Prime: A routine eye examination is covered once every two years.
 - TRICARE Standard: Eye examinations are not covered after reaching age 6.

Note: Active duty service members (ADSMs) enrolled in TRICARE Prime must receive all vision care at military hospitals or clinics unless specifically referred by their PCMs to civilian network providers in their enrolled TRICARE region, or to non-network providers if a network provider is not available. ADSMs enrolled in TOP Prime Remote may obtain periodic eye examinations from network providers without prior authorization as needed to maintain fitness-for-duty status.

Hearing Examinations

Preventive hearing examinations are only covered under the well-child care benefit (*birth until reaching age 6*). A newborn audiology screening should be performed on newborns before hospital discharge or within the first month after birth. Evaluative hearing tests may be performed at other ages during routine exams.

Immunizations

Age-appropriate vaccines, including annual flu vaccines, are covered as recommended by the Centers for Disease Control and Prevention (CDC). Coverage is effective the date the recommendations are published in the CDC's *Morbidity and Mortality Weekly Report*. For more information, visit www.cdc.gov.

The HPV vaccine is a limited benefit and may be covered when the beneficiary has not been previously vaccinated or completed the vaccine series.

- **Females:** The HPV vaccine Gardasil (HPV4) or Cervarix (HPV2) is covered for females ages 11–26. The series of injections must be completed before reaching age 27 for coverage under TRICARE.
- **Males:** Gardasil is covered for all males ages 11–21 and is covered for males ages 22–26 who meet certain criteria.

A single dose of the shingles vaccine Zostavax is covered for beneficiaries age 60 and older.

Note: Vaccines for ADFMs whose sponsors have permanent change of station orders to overseas locations are also covered. Vaccines for personal overseas travel are not covered.

Infectious Disease Screening

TRICARE covers screening for infectious diseases, including hepatitis B, rubella antibodies, and HIV, and screening and/or preventive treatment for tetanus, rabies, hepatitis A and B, meningococcal meningitis, and tuberculosis.

Patient and Parent Education Counseling

Counseling services expected of good clinical practice are included with the appropriate office visit and are covered at no additional charge. Examples include dietary assessment and nutrition; physical activity and exercise; cancer surveillance; safe sexual practices; tobacco, alcohol, and substance abuse; dental health promotion; accident and injury prevention; stress; bereavement; and suicide risk assessment.

School Physicals

School Physicals are covered for children ages 5–11 if required in connection with school enrollment.

Note: Annual sports physicals are not covered.

Well-Child Care (*birth until reaching age 6*)

Well-child care covers routine newborn care; comprehensive health promotion and disease prevention examinations; vision and hearing screenings; height, weight, and head circumference measurement; routine vaccinations; and developmental and behavioral appraisal. TRICARE covers well-child care in accordance with American Academy of Pediatrics (AAP) and CDC guidelines. Your child can receive preventive-care well-child visits as frequently as the AAP recommends, but no more than nine visits in two years. Visits for diagnosis or treatment of an illness or injury are covered separately under outpatient care.

WOMEN, INFANTS, AND CHILDREN OVERSEAS PROGRAM

The Department of Defense (DoD) offers the Women, Infants, and Children (WIC) Overseas Program to eligible overseas beneficiaries. The WIC Overseas Program provides participants and their families with important benefits, including nutrition and health screenings, nutritious food, tips on how to prepare balanced meals, and access to other resources that help you and your family lead healthier lives.

Eligibility

Members of the uniformed services, DoD civilian employees, DoD contractors, and family members may be eligible to participate in the WIC Overseas Program. Eligible participants include:

- Pregnant women—during pregnancy and throughout the first six weeks after giving birth
- Mothers—until the infant is 6 months old if bottle-feeding or 1 year old if breast-feeding
- Infants and children—until the end of the month in which they turn age 5

Contact your local WIC Overseas Program office to find out if you are eligible. WIC Overseas Program counselors evaluate income, family size, and other criteria to determine eligibility. There are no enrollment fees or costs. Visit www.tricare.mil/wic or a military hospital or clinic to learn more or to locate the nearest WIC Overseas Program office.

RESOURCES FROM THE DEPARTMENT OF DEFENSE

Obesity Prevention

Obesity can strain your heart, joints, and bones, and can cause other diseases common in adults, such as type 2 diabetes. Obesity has become widespread in children, and often carries into adulthood, causing high blood pressure, arthritis, sleep apnea, and low self-esteem, among other problems.

TRICARE’s “Get Fit” campaign provides weight-loss resources as well as materials to educate you and your family about the risks of being overweight. For more information about “Get Fit,” including healthy-living tips, links, games, and articles, visit www.tricare.mil/getfit.

Operation Live Well

The DoD Operation Live Well initiative aims to improve healthy living throughout the defense community by promoting healthy eating, physical activity, tobacco-free living, sleep, and mental and spiritual well-being.

When it comes to optimizing personal health and wellness, each person’s situation is different. The initiative provides a variety of approaches and information sources so you can choose what is most helpful for you.

The Operation Live Well Web site at www.health.mil/livewell features links to wellness resources from the military, government, and TRICARE all in one central location. The initiative also offers inspirational blog posts and community-wide social media engagement through Facebook, Twitter, YouTube, and Pinterest, so no matter where you are, you can be part of a wellness-focused community.

Alcohol and Substance Abuse Awareness

Responsible alcohol consumption is one of the best lifestyle decisions you can make to maintain quality of life for yourself and your family. Visit www.tricare.mil/alcoholawareness for more information about alcohol awareness and preventing alcohol abuse.

The DoD “That Guy” multimedia campaign aims to reduce excessive drinking among young service members by sharing information, videos, downloads, and other online tools to raise awareness about alcohol abuse. To learn more, visit the “That Guy” Web site at www.thatguy.com. TRICARE also offers coverage for treatment of certain substance use disorders. Visit www.tricare.mil/coveredservices for more information.

Quitting Tobacco

Smoking tobacco can cause heart and lung diseases and cancer. It can also increase your chances for hospitalizations, missed workdays, poor or failed fitness evaluations, and impaired night vision.

Smokeless tobacco is another dangerous and addictive form of tobacco use. The two most common types of smokeless tobacco used in the United States are chewing tobacco and snuff. Smokeless tobacco is not a safe alternative to smoking; it can lead to cancer, oral-health problems, and nicotine addiction.

Knowing these facts may encourage you to quit, but quitting can be hard. It may take several attempts to quit tobacco. TRICARE is dedicated to helping ADSMs, veterans, retirees, and their families succeed in their attempt to quit tobacco. Below are several ways to help you get the necessary assistance to break the cycle:

- TRICARE-covered tobacco-cessation products
- Tobacco-cessation counseling services
- TRICARE’s Tobacco Quitline is a telephone support and referral service with trained tobacco-cessation coaches.
- The DoD’s Web site, www.ucanquit2.org, provides education and a wide range of tools to help you become tobacco-free.

Visit www.tricare.mil/quit tobacco for more information to help you quit.

KEEP YOUR CHILDREN FIT AND HEALTHY

Healthy eating and physical activity are key to your child’s well-being. Children grow at different rates at different times, so the best way to find out if your child is at a healthy weight is to ask your pediatrician at your child’s next well-child visit. Well-child visits provide a great opportunity to have your child’s height, weight, body mass index (BMI), and BMI percentile evaluated. These measurements help determine whether your child is at a healthy weight for his or her age and gender. The well-child visit is also an opportunity to discuss your child’s nutritional and dietary needs and physical activity level.

First Lady Michelle Obama’s “Let’s Move!” campaign provides support to military families by partnering with health clubs that allow service members and their families to sign up for free memberships and personal training. Learn more at www.letsmove.gov.

For more information about the prevention and treatment of childhood obesity, visit:

- AAP: www.aap.org/obesity
- CDC: www.cdc.gov/healthyouth/obesity

FOR INFORMATION AND ASSISTANCE

<p> TRICARE North Region Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) www.hnfs.com</p>	<p> TRICARE South Region Humana Military, a division of Humana Government Business 1-800-444-5445 HumanaMilitary.com</p>	<p> TRICARE West Region UnitedHealthcare Military & Veterans 1-877-988-WEST (1-877-988-9378) www.uhcmilitarywest.com</p>
<p> TRICARE Overseas Program (TOP) Regional Call Center—Eurasia-Africa¹ +44-20-8762-8384 (overseas) 1-877-678-1207 (stateside) tricarelon@internationalsos.com</p>	<p> TOP Regional Call Center—Latin America and Canada¹ +1-215-942-8393 (overseas) 1-877-451-8659 (stateside) tricarephl@internationalsos.com</p>	<p> TOP Regional Call Centers—Pacific¹ Singapore: +65-6339-2676 (overseas) 1-877-678-1208 (stateside) sin.tricare@internationalsos.com Sydney: +61-2-9273-2710 (overseas) 1-877-678-1209 (stateside) sydricare@internationalsos.com</p>

1. For toll-free contact information, visit www.tricare-overseas.com.

An Important Note About TRICARE Program Information

At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. **Military hospital and clinic guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact your TRICARE regional contractor or local military hospital or clinic. The TRICARE program meets the minimum essential coverage requirement under the Affordable Care Act. TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.