TRICARE® Choices in the United States

JANUARY 2019

TRICARE® offers comprehensive, affordable health care, dental and pharmacy coverage to meet your changing needs.

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Welcome to TRICARE

TRICARE is the Department of Defense’s premier health care program serving 9.4 million active duty service members, retired service members, National Guard and Reserve members, family members, and survivors worldwide. As a TRICARE beneficiary, you have access to the health care you need wherever you are.

TRICARE brings together military hospitals and clinics with a network of civilian providers to offer you medical, pharmacy, and dental options that meet your changing needs.

TRICARE partners with civilian regional contractors to administer your TRICARE benefit in two U.S. regions (East and West) and one overseas region. Your regional contractor is your go-to resource for information and assistance.

This handbook outlines the TRICARE program options that may be available to you based on who you are, your location, and your entitlement to Medicare.

We stand ready to deliver quality health care to those who protect our country every day—our nation’s finest. We are proud to serve you.
TRICARE Meets the Minimum Essential Coverage Requirement under the Affordable Care Act

Due to tax law changes, beginning Jan. 1, 2019, you’ll no longer be required to have minimum essential coverage. You’ll still get an Internal Revenue Service Form 1095 from your pay center each January listing the coverage you had during the previous tax year. The Affordable Care Act requires that individuals maintain health insurance or other health coverage in 2018 that meets the definition of minimum essential coverage. Most TRICARE plans meet this requirement. You can find other health care coverage options at www.healthcare.gov.

**KEEP YOUR DEERS INFORMATION UP TO DATE**

Eligibility for TRICARE is determined by the services and shown in the Defense Enrollment Eligibility Reporting System (DEERS). DEERS is a database of service members and dependents worldwide who are eligible for military benefits.

To use TRICARE, first make sure your DEERS record is up to date at www.dmdc.osd.mil/milconnect.

**TRICARE COVERED SERVICES**

This handbook describes the health care, dental, and pharmacy options TRICARE offers. These options differ in terms of the providers you see, how you get care, costs, and whether you file claims. Generally, you have the same covered services, including preventive, mental health, maternity, and pharmacy services, with any TRICARE program option. Copayments and/or cost-shares may apply for certain covered services depending on your program option and beneficiary status. For a full list of covered services, go to www.tricare.mil/coveredservices. For costs, go to www.tricare.mil/costs.
Your TRICARE health care options can change if you move, have a life event like getting married or have a status change like a sponsor retiring from service. Use the following graphic to determine your options based on sponsor status.

**Note:** TRICARE Prime is only available in Prime Service Areas (PSAs).

**FIND MORE INFORMATION**

You can get more information about your TRICARE benefit at www.tricare.mil/publications or by calling your regional contractor.

Manage your TRICARE benefit through the TRICARE website at www.tricare.mil, where you can get to secure services, see what’s covered, find a provider and much more.

We encourage you to use these resources to take full advantage of the TRICARE programs available to you.

**NATIONAL GUARD AND RESERVE**

Qualified non-active duty members of the Selected Reserve and Retired Reserve

**Sponsor and family member options:**

- TRICARE Reserve Select
- TRICARE Retired Reserve
- TRICARE Young Adult

See the TRICARE Choices for National Guard and Reserve Handbook for more information at www.tricare.mil/publications.
Sponsor options:
- TRICARE Prime
- TRICARE Prime Remote (TPR)

Family member options:
- TRICARE Prime
- TPR
- US Family Health Plan (USFHP) (depending on location)
- TRICARE Select
- TRICARE Young Adult (TYA)
- TRICARE For Life (TFL) (if entitled to Medicare Part A and have Medicare Part B)

Sponsor and family member options:
After separating from service (non-retirement), the sponsor and family members lose TRICARE eligibility. However, you may qualify for a period of continued coverage under the:
- Transitional Assistance Management Program (TAMP)
- Continued Health Care Benefit Program (CHCBP)

Sponsor options:
- TRICARE Prime
- USFHP (depending on location and age)
- TRICARE Select
- TFL (if entitled to Medicare Part A and have Medicare Part B)

Family member options:
- TRICARE Prime
- USFHP (depending on location and age)
- TRICARE Select
- TYA
- TFL (if entitled to Medicare Part A and have Medicare Part B)

For up-to-date cost information for all TRICARE program options, see the Costs and Fees sheet at www.tricare.mil/publications or go to www.tricare.mil/costs.
TRICARE Prime is a health care option for active duty service members (ADSMs), retirees, family members, and certain others. It is similar to a managed-care or health maintenance organization option, which means your access to specialty care is managed by your primary care manager (PCM).

Other TRICARE Prime options include:

- TPR, a TRICARE Prime option for ADSMs living and working in remote locations (outside of a PSA) and their family members.
- USFHP, a TRICARE Prime option where care is provided through networks of community-based, not-for-profit health care systems in six areas of the U.S. For more information, go to www.tricare.mil/usfhp.

QUALIFYING FOR A TRICARE PRIME OPTION

To get TRICARE Prime, you must live in a PSA. You may also get TRICARE Prime if you live within 100 miles of an available PCM and waive your drive-time access standards. To find out if you live in an area where you can get TRICARE Prime, go to www.tricare.mil/psa. For more information about drive-time access standards, go to www.tricare.mil/primeaccess.

TPR is an option for ADSMs and active duty family members (ADFM) living and working in remote areas.

ENROLLING IN A TRICARE PRIME OPTION

You must take action to enroll in a TRICARE Prime option:

- ADSMs must use TRICARE Prime or TPR.
- ADFMs can choose to enroll in TRICARE Prime, TPR or USFHP, or TRICARE Select.
- Retirees and retiree family members may enroll in TRICARE Prime or USFHP. If neither is available, you can enroll in TRICARE Select.

You can only enroll in or change enrollment to TRICARE Prime (if you live in a PSA) following a Qualifying Life Event (QLE) or during the annual fall TRICARE Open Season.

You have three options to enroll in a TRICARE Prime program:

- Call your regional contractor.
- Submit a TRICARE Prime Enrollment, Disenrollment, and Primary Care Manager (PCM) Change Form (DD Form 2876) to your regional contractor. You can find this form at www.tricare.mil/forms.
GETTING CARE WITH A TRICARE PRIME OPTION

When you enroll in a TRICARE Prime option, you will get most of your routine care from an assigned or selected PCM. Your PCM may be:

- At a military hospital or clinic
- A civilian TRICARE network provider
- A primary care provider under USFHP

Referrals and prior authorizations may be required for certain services. For specific information, visit www.tricare.mil/finddoctor/appointments.

ENROLLMENT COSTS

ADSMs, ADFMs, and transitional survivors (surviving spouses during the first three years and surviving dependent children) have no enrollment costs. Retirees, their families, and others pay yearly enrollment fees. For cost details, go to www.tricare.mil/costs.

COSTS FOR COVERED CARE

ADSMs have no out-of-pocket costs for covered health care services from a PCM, or with the appropriate referral and prior authorization. ADFMs have no out-of-pocket costs for covered health care services from a network provider in their enrolled TRICARE region, or with the appropriate referral and prior authorization.

Retirees pay copayments or cost-shares for covered health care services from network providers in their enrolled TRICARE region. When following the rules of the TRICARE Prime program option, out-of-pocket costs are limited to the catastrophic cap amount for that calendar year (Jan. 1–Dec. 31). For more information, see www.tricare.mil/costs.

SEEING A PROVIDER WITHOUT A REFERRAL: THE POINT-OF-SERVICE OPTION

The point-of-service (POS) option allows non-ADSMs to see any TRICARE-authorized provider without a referral. This means you pay more money up front to get nonemergency health care from any TRICARE-authorized provider without a referral. Costs you pay under the POS option don’t count toward your yearly catastrophic cap. For more information, go to www.tricare.mil/pointofservice.

HELPFUL TERMS

Referral
When your primary care manager (PCM) sends you to another provider for care. If you have TRICARE Prime and see a provider other than your PCM for nonemergency care without a referral, you will pay more. Certain benefits, such as the Comprehensive Autism Care Demonstration, require a referral and continued authorizations.

Prior Authorization
A review of a requested health care service done by your regional contractor to see if the care will be covered by TRICARE. Check for services that need prior authorization by going to www.tricare.mil or your regional contractor’s website.

Catastrophic Cap
The most you or your family will pay for covered health care services each calendar year.

Enrollment Fee
The yearly fee that retirees, their families, and some others pay while in TRICARE Prime.

Calendar Year
A calendar year is Jan. 1–Dec. 31.
TRICARE Select® Options

TRICARE Select is for TRICARE-eligible beneficiaries who aren’t able to, or choose not to, enroll in a TRICARE Prime option and who aren’t entitled to Medicare (with the exception of ADFMs). This program lets you manage your own health care and get care from any TRICARE-authorized provider without a referral.

Like TRICARE Prime options, enrollment is required. ADSMs may not use TRICARE Select.

ENROLLING IN A TRICARE SELECT OPTION

You must take action to enroll in a TRICARE Select option:

- ADFMs, retirees, and retiree family members can choose to enroll in TRICARE Select.

You can only enroll in or change enrollment to TRICARE Select following a QLE or during the annual fall TRICARE Open Season.

You have three options to enroll in TRICARE Select:

- Call your regional contractor.
- Submit a TRICARE Select Enrollment, Disenrollment and Change Form (DD Form 3043) to your regional contractor. You can find this form at www.tricare.mil/forms.
GETTING CARE WITH TRICARE SELECT

With TRICARE Select, you can get care from any TRICARE-authorized network provider without a referral or prior-authorization, in most situations. You will have lower out-of-pocket costs if you use a TRICARE-authorized network provider versus a TRICARE-authorized non-network provider. If you choose a non-authorized non-network provider, you will not be reimbursed by TRICARE.

To find a TRICARE network provider, go to www.tricare.mil/findaprovider or call your regional contractor.

ENROLLMENT COSTS

There is no yearly enrollment fee for ADFMs. For retirees, their families, and others, you may have enrollment fees based on when you or your sponsor entered active duty. For cost details, go to www.tricare.mil/costs.

COSTS FOR COVERED CARE

With TRICARE Select, you pay a yearly deductible and per-visit copayments or cost-shares. You’ll fall into one of two groups based on when you or your sponsor entered active duty. This group will determine your costs. When following the rules of your program option, your out-of-pocket expenses will be limited to your catastrophic cap. Nonparticipating non-network providers may charge up to 15 percent above the TRICARE-allowable amount. You’re responsible for this amount, plus your deductible and copayments or cost-shares. For costs, go to www.tricare.mil/costs.

FILING CLAIMS

Submit claims to the regional contractor for the area where you live. In the U.S. and U.S. territories (American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, and the U.S. Virgin Islands), claims must be filed within one year of the date of service or date of inpatient discharge. You’re responsible for confirming your claims are received. For assistance, call your regional contractor.

INVITE YOUR PROVIDER TO BECOME TRICARE-AUTHORIZED

If your provider isn’t TRICARE-authorized, but wants to see TRICARE patients, tell your provider he or she can do so without signing a contract with your regional contractor. Most providers with a valid professional license (issued by a state or a qualified accreditation organization) can become TRICARE-authorized and then TRICARE will pay them for covered services. Go to www.tricare.mil/findaprovider and click "learn more.”
Premium-based health care plans that work like TRICARE Select with the same copayments or cost-shares and a choice of providers can be purchased by those who qualify. These plans include TRICARE Reserve Select (TRS), TRICARE Retired Reserve (TRR), and CHCBP. For more on CHCBP, see “Transitional Coverage Options” in the Other TRICARE Program Options section.

**TRICARE RESERVE SELECT® AND TRICARE RETIRED RESERVE®**

TRS and TRR are premium-based, worldwide health care plans for certain qualified Selected Reserve or Retired Reserve members, their family members, and survivors. TRS and TRR offer comprehensive health care coverage similar to TRICARE Select.

- Enrollment is required.
- TRICARE Open Season doesn’t apply to TRS and TRR. These plans offer continuous open enrollment throughout the year.
- An initial two-month premium payment is due when you enroll.
- Monthly premiums, a yearly deductible and copayments or cost-shares apply.
- Get care from any TRICARE-authorized provider without a referral.
- Certain services require prior authorization.

*Note:* When your National Guard or Reserve sponsor is activated for more than 30 days for a preplanned mission or in support of a contingency operation, this coverage stops while you get active duty benefits.

**PURCHASE TRICARE RESERVE SELECT AND TRICARE RETIRED RESERVE**

For more information, including how to purchase TRS or TRR coverage, go to [www.tricare.mil/trs](http://www.tricare.mil/trs) or [www.tricare.mil/trr](http://www.tricare.mil/trr).

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**HELPFUL TERMS**

**Premium**

The amount you pay for a health care plan you purchased. Premiums apply to those using TRICARE Reserve Select, TRICARE Retired Reserve, TRICARE Young Adult, and the Continued Health Care Benefit Program.
TRICARE For Life

If you’re entitled to Medicare Part A, you generally must have Medicare Part B to keep TRICARE, regardless of your age or where you live. This is a requirement based on federal law with an exception for ADSMs and ADFMs. If you’re eligible for TRICARE and have Medicare Part A and Part B, you’re automatically covered by TFL. See the following table for more information on what Medicare Part A and Part B and TFL cover.

<table>
<thead>
<tr>
<th>MEDICARE PART A (Hospital Insurance)</th>
<th>MEDICARE PART B (Medical Insurance)</th>
<th>TRICARE FOR LIFE</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Inpatient hospital care</td>
<td>• Provider services</td>
<td>• Inpatient and outpatient wraparound coverage</td>
</tr>
<tr>
<td>• Hospice care</td>
<td>• Outpatient care</td>
<td>• Coverage for overseas care</td>
</tr>
<tr>
<td>• Inpatient skilled nursing facility care</td>
<td>• Home health care</td>
<td></td>
</tr>
<tr>
<td>• Some home health care</td>
<td>• Durable medical equipment</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Some preventive services</td>
<td></td>
</tr>
</tbody>
</table>

TRICARE FOR LIFE COSTS

There are no enrollment fees or forms for TFL, but you must have Medicare Part A and Medicare Part B. Medicare Part B has a monthly premium. Go to [www.medicare.gov](http://www.medicare.gov) for the current Part B premium amounts, which vary by income level. For more information about TFL, go to [www.tricare.mil/tfl](http://www.tricare.mil/tfl). You may also call Wisconsin Physicians Service (WPS)—Military and Veterans Health, the contractor that administers the TFL benefit. The following table highlights your TFL out-of-pocket costs. For detailed cost information, go to [www.tricare.mil/costs](http://www.tricare.mil/costs).

<table>
<thead>
<tr>
<th>TYPE OF CARE</th>
<th>MEDICARE PAYS</th>
<th>TRICARE PAYS</th>
<th>YOU PAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Covered by TRICARE and Medicare</td>
<td>Medicare-allowed amount</td>
<td>Remaining amount</td>
<td>Nothing</td>
</tr>
<tr>
<td>Covered by Medicare only</td>
<td>Medicare-allowed amount</td>
<td>Nothing</td>
<td>Medicare deductible and cost-share</td>
</tr>
<tr>
<td>Covered by TRICARE only</td>
<td>Nothing</td>
<td>TRICARE-allowable amount</td>
<td>TRICARE deductible and cost-share</td>
</tr>
<tr>
<td>Not covered by TRICARE or Medicare</td>
<td>Nothing</td>
<td>Nothing</td>
<td>Billed charges (which may be more than the Medicare- or TRICARE-allowable amount)</td>
</tr>
</tbody>
</table>

TRICARE FOR LIFE AND U.S. DEPARTMENT OF VETERANS AFFAIRS BENEFITS

If you’re eligible for both TFL and U.S. Department of Veterans Affairs (VA) benefits and choose to use your TFL benefit for health care not related to a service-connected injury or illness, you will pay more to see a VA provider than you would pay to see a civilian Medicare provider. TRICARE will only pay up to 20 percent of the TRICARE-allowable amount for care you get at a VA facility and you may be responsible for the remaining amount.

With TFL, your least expensive option is to see a Medicare participating or Medicare non-participating provider. Medicare participating providers agree to accept the Medicare-allowed amount as payment in full. Medicare non-participating providers don’t accept the Medicare-allowed amount as payment in full and may charge up to 15 percent above the Medicare-allowed amount. This additional cost may be covered by TFL. If you get care from a VA provider, check with WPS to confirm coverage details.
Other TRICARE Program Options

TRICARE offers other coverage options for those who have eligibility changes, such as children aging out of regular TRICARE coverage or sponsors separating from service. If you have lost all TRICARE eligibility, you may qualify to buy coverage under CHCBP, discussed below.

**TRICARE YOUNG ADULT**

TYA is a premium-based health care plan for qualified dependents who have aged out of TRICARE. TYA Prime and TYA Select are offered worldwide. Your location and sponsor’s status determine whether you qualify for TYA Prime and/or TYA Select.

TYA includes medical and pharmacy benefits, but not dental coverage. Coverage, provider choice, and costs for TYA are the same as for TRICARE Prime and TRICARE Select.

You may generally purchase TYA coverage if you’re a dependent of a TRICARE-eligible sponsor; unmarried; at least age 21, but not yet age 26; and not otherwise eligible for TRICARE or employer-based coverage. TRICARE Open Season doesn’t apply to TYA. TYA Prime and TYA Select offer continuous open enrollment throughout the year. For more information, go to [www.tricare.mil/tya](http://www.tricare.mil/tya).

**TRANSITIONAL COVERAGE OPTIONS**

TRICARE offers benefits to help certain service members and their families transition to civilian life.

**Transitional Assistance Management Program**

TAMP offers 180 days of premium-free health care after your sponsor separates from the military. If you’re eligible, TAMP starts the day after the sponsor separates from service. For more information, go to [www.tricare.mil/tamp](http://www.tricare.mil/tamp).

**Continued Health Care Benefit Program**

CHCBP is a premium-based health care program managed by Humana Military. Though not a TRICARE program, CHCBP offers continued health coverage (18–36 months) after TRICARE coverage ends. Certain former spouses who haven’t remarried before age 55 may qualify for an unlimited duration of coverage. If you qualify, you can purchase CHCBP coverage within 60 days of loss of TRICARE or TAMP coverage, whichever is later. TRICARE Open Season doesn’t apply to CHCBP. CHCBP offers continuous open enrollment throughout the year. For more information, go to [www.tricare.mil/chcbp](http://www.tricare.mil/chcbp).

**Note:** You’re not legally entitled to space-available care at military hospitals or clinics while in CHCBP.
The TRICARE Pharmacy Program provides prescription drugs through military pharmacies, TRICARE Pharmacy Home Delivery, TRICARE retail network pharmacies, and non-network pharmacies. Your options for filling your prescription depend on the type of drug your provider prescribes. Express Scripts, Inc. manages the TRICARE pharmacy benefit for all TRICARE-eligible beneficiaries. If you’re in USFHP, you have different pharmacy coverage.

For more information about the TRICARE pharmacy benefit, see the TRICARE Pharmacy Program Handbook at www.tricare.mil/publications or go to www.tricare.mil/pharmacy.

### PHARMACY OPTIONS

<table>
<thead>
<tr>
<th>OPTIONS FOR FILLING PRESCRIPTIONS</th>
<th>DESCRIPTION OF OPTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Military pharmacies</td>
<td>• No cost for up to a 90-day supply of most drugs</td>
</tr>
<tr>
<td></td>
<td>• Usually don’t carry tier 3 drugs</td>
</tr>
<tr>
<td>TRICARE Pharmacy Home Delivery</td>
<td>• No cost for ADSMs</td>
</tr>
<tr>
<td></td>
<td>• Copayments for non-ADSMs up to a 90-day supply of tier 1, tier 2, and tier 3 drugs</td>
</tr>
<tr>
<td></td>
<td>• Drugs are mailed to you with free standard shipping</td>
</tr>
<tr>
<td>TRICARE retail network pharmacies</td>
<td>• Pay one copayment for each 30-day supply</td>
</tr>
<tr>
<td></td>
<td>• No need to file a claim</td>
</tr>
<tr>
<td></td>
<td>• Located in the U.S. and the U.S. territories of Guam, the Northern Mariana Islands, Puerto Rico, and the U.S. Virgin Islands</td>
</tr>
<tr>
<td>Non-network pharmacies</td>
<td>• Pay full price and file a claim to get money back</td>
</tr>
<tr>
<td></td>
<td>• The amount of money you get back depends on deductibles, out-of-network cost-shares, and copayments</td>
</tr>
</tbody>
</table>

### THREE TIERS OF DRUGS

Drugs that are covered by TRICARE are grouped into three tiers. This grouping is based on medical effectiveness and cost of a drug compared to other drugs of the same type. The following graphic shows how drugs in different tiers may cost more and be harder to get.
There are three dental options that are separate from TRICARE health care options:

- TRICARE Active Duty Dental Program (ADDP)
- TRICARE Dental Program (TDP)
- Federal Employees Dental and Vision Insurance Program (FEDVIP)

ADSMs generally get care at military dental clinics, but may sometimes use the ADDP. For more information and for dental costs, go to www.tricare.mil/dental.

TRICARE Active Duty Dental Program
(Managed by United Concordia Companies, Inc.)
www.addp-ucci.com

- ADSMs
- National Guard and Reserve members called or ordered to active duty for more than 30 days for a preplanned mission or a contingency operation

TRICARE Dental Program
(Managed by United Concordia Companies, Inc.)
www.uccitdp.com

- ADFMs
- National Guard and Reserve members and their family members
- Individual Ready Reserve members and their family members
- Survivors

Federal Employees Dental and Vision Insurance Program
(Offered by the U.S. Office of Personnel Management)
www.benefeds.com

- Retired service members and their eligible family members
- Retired National Guard and Reserve members and their eligible family members
- Certain survivors
- Medal of Honor recipients and their immediate family members and survivors
TRICARE Offers Dental Coverage Options with Worldwide Portable Coverage

For ADSMs who are either referred for care by a military dental clinic to a civilian dentist or have a duty location and live more than 50 miles from a military dental clinic

- Voluntary enrollment
- Single and family plans
- Monthly premiums
- Coverage for most preventive and diagnostic services

FEDVIP is a voluntary dental program that offers eligible TRICARE participants a choice among a number of dental carriers, with some plans offering both high and standard options.
For Information and Assistance

www.tricare.mil

You can sign up to get TRICARE news and publications by email at www.tricare.mil/subscriptions. For TRICARE fact sheets, brochures, and other benefit resources, go to www.tricare.mil/publications.

TRICARE Stateside Regions

TRICARE is available worldwide and managed regionally. There are two TRICARE regions in the U.S.: TRICARE East and TRICARE West. Your TRICARE benefit is the same regardless of where you are, but there are different customer service contacts for each region.

TRICARE East Region
Humana Military
1-800-444-5445
HumanaMilitary.com
www.tricare-east.com

TRICARE West Region
Health Net Federal Services, LLC
1-844-866-WEST (1-844-866-9378)
www.tricare-west.com

TRICARE For Life
www.tricare.mil/tfl
Wisconsin Physicians Service—Military and Veterans Health
1-866-773-0404
1-866-773-0405 (TDD/TTY)
www.TRICARE4u.com

TRICARE Young Adult
www.tricare.mil/tya

US Family Health Plan
1-800-74-USFHP (1-800-748-7347)
www.tricare.mil/usfhp

TRICARE Reserve Select
www.tricare.mil/trs

TRICARE Retired Reserve
www.tricare.mil/trr

Reserve Affairs
www.people.mil

TRICARE Active Duty Dental Program
www.tricare.mil/addp
United Concordia Companies, Inc. (U.S. and U.S. territories)
1-866-984-ADDP (1-866-984-2337)
www.addp-ucci.com

TRICARE Dental Program
www.tricare.mil/tdp
United Concordia Companies, Inc.
1-844-653-4061 (CONUS)
1-844-653-4060 (OCONUS)
711 (TDD/TTY)
www.ucctdp.com

Continued Health Care Benefit Program
Humana Military
1-800-444-5445
www.tricare.mil/chcbp

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.

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