

## **Transitional Healthcare Benefit/TRICARE**

This program is called “transitional” because it offers TRICARE-like benefits for a limited time (180 days) which allows time for you and your eligible family members to enroll into TRICARE Reserve Select (TRS) or other medical insurance programs. You will pay quarterly premiums and deductibles for any care you may need during that period. When you leave active duty you are eligible for TAMP if you meet the eligibility criteria.

To be eligible for the 180 day transitional medical and dental benefits, you must be:

- (1) involuntarily separated from active duty with an SPD code that designates transitional benefits; or
- (2) a member of the Reserves separated from active duty after serving more than 30 days in support of a contingency operation; or
- (3) separated from active duty after being involuntarily retained on active duty in support of a contingency operation; or
- (4) separated from military service following a voluntary agreement to remain on active duty for one year or less in support of a contingency operation.
- (5) receiving sole survivorship discharge; or
- (6) selected Reserve of the Ready Reserve of a Reserve Component.

Transitional health care is not an automatic TRICARE benefit. You must make sure that you and your family members are enrolled in the Defense Enrollment Eligibility Reporting System (DEERS). While you are on active duty you may verify or update DEERS information for yourself or your family members by contacting or visiting a local identification (ID) card issuing facility. To locate the nearest personnel office or ID card facility, search the DEERS Web site at [www.dmdc.osd.mil/rsl/](http://www.dmdc.osd.mil/rsl/).

Be aware that if you are now enrolled in TRICARE Prime you will be automatically disenrolled once you separate from active duty. This is why it’s important to continue TRICARE Prime during your transitional health care period. You and your family members must contact the TRICARE regional managed care support contractor, or local TRICARE service center, to re-enroll in TRICARE Prime.

Your TRICARE Prime coverage continues as long as you and your family members re-enroll in TRICARE Prime. If you don’t re-enroll or if Prime is not available, coverage will be under TRICARE Standard during your transition. You should visit the TRICARE Website ‘Plan Wizard’ [www.tricare.mil/mybenefit](http://www.tricare.mil/mybenefit) to receive specific benefits based on your status and to learn more about the three TRICARE options for retirees. This site allows you to enter specific information, ask questions, and explains the services.

### Dental Coverage During TAMP

During TAMP, dental care provided in military dental treatment facilities is on a space-available basis. However, you need to know that space-available dental care is very limited.

If you want more information on transitional health care visit the website:

[www.tricare.mil/mybenefit](http://www.tricare.mil/mybenefit).

## **TRICARE Reserve Select**

TRICARE Reserve Select (TRS) is a comprehensive healthcare program for the Select/Drilling Reserves. If you enrolled in TRS prior to mobilization, you must enroll post mobilization because TRS is suspended when Reserves are mobilized and receiving care in Military Treatment Facilities or under TRICARE Prime. Under TRS you may receive care from any TRICARE authorized provider without a referral. While referrals are not required, some medical services will require prior authorization.

TRICARE Reserve Select is a great option if you are a member of the Selected Reserves of the Ready Reserve, not on active duty orders or covered by the TAMP program, and not eligible for or enrolled in the Federal Employee Health Benefits program. If you qualify for TRICARE Reserve Select (TRS), you may purchase TRS after your TAMP coverage ends. Your TRS Request form must be postmarked or received by the regional contractor within 60 days of the last day of TAMP to maintain continuous TRICARE benefits.

There is also the Community Based Health Care Organization (CBHCO). If you, as Army National Guard or Army Reserve require only outpatient care, you may request transfer to a CBHO. Service secretaries are required to provide reserve component members injured on active duty with information on the availability of care and administration processing through community based warrior transition units as well as the location of the nearest community based warrior transition unit.

If you were a member of the National Guard or Reserve component and served in areas where imminent danger pay was authorized and are involved in the Disability Evaluation System you will be retained on active duty for the duration of the process. If you chose to terminate active duty status you must be counseled about the consequences of early termination on benefits and entitlements.

Following your release from active duty you need to obtain dental insurance from your employer or through a private insurer. As a RC member, you may want to consider TRICARE Dental.

If you want more information or assistance with qualifying for and purchasing TRS, visit the TRICARE website at: [www.tricare.osd.mil/reserve](http://www.tricare.osd.mil/reserve). You can also go to: [www.tricare.mil/mybenefit/home/overview/Plans/LearnAboutPlansAndCosts/TRICAREReserveSelect](http://www.tricare.mil/mybenefit/home/overview/Plans/LearnAboutPlansAndCosts/TRICAREReserveSelect).