



VA & Tricare Newsletter

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Tricare Websites:

<https://www.tricare.mil/>

Changes to Tricare Select for Retirees Coming January 2021:

Select Enrollment Fees

If you have TRICARE Select, you must pay enrollment fees, unless you are:

An active duty family member

A transitional survivor

A medically retired retiree or family member

In Group A: If you or your sponsor's initial enlistment or appointment occurred before January 1, 2018, you are in Group A. (through Dec. 31, 2020)

For current costs, visit the TRICARE Compare Cost Tool.

Starting Jan. 1, 2021

If you're a Group A retired beneficiary, you and your family must pay a monthly TRICARE Select enrollment fee to maintain your TRICARE Select coverage.

For an individual plan, you'll pay \$12.50 per month or \$150 annually.

For a family plan, you'll pay \$25.00 per month or \$300 annually.

The catastrophic cap will increase from \$3,000 to \$3,500.

Your TRICARE Select enrollment fees will apply towards your catastrophic cap.

Your enrollment fee will be waived, if you're:

An active duty family member

A survivor

A medically retired retiree or family member

Do you use TRICARE For Life, TRICARE Prime, or a Premium-Based Plan?

If so, this change won't affect you. This information is for you only if you're enrolled in TRICARE Select. Want to check your plan's costs? Visit www.tricare.mil/costs. For more information on TRICARE For Life, visit www.tricare.mil/tfl.

What Do I Need to Do?

By [TRICARE Open Season](#), you'll be asked to set up a monthly enrollment fee premium payment. If you:

Get your retirement or other pay from a military pay center, then you'll pay your TRICARE Select fees via a monthly allotment, where feasible.

Don't get your retired pay through a military pay center, then you'll pay your fees by a recurring credit or debit card transaction. You can also pay your monthly fees through electronic funds transfer (EFT). Your EFT must be from a U.S. bank.

What Happens if I Don't Take Action?

You'll be disenrolled from TRICARE Select for failure to pay enrollment fees on Jan. 1, 2021. You'll have 90 days from your last paid through date to request reinstatement. You must contact your regional contractor to request reinstatement.

If you don't take action, you'll only be able to get care from a military hospital or clinic if space is available.

How can I stay informed and prepare for this change?

Visit the [TRICARE Select Enrollment Fees](#) page on the TRICARE website for updates and [sign up for email alerts](#). TRICARE will inform you of specific actions you need to take in the coming months. Take command of your health and your health care benefits in 2020.

If you are two retiree service members in the same family:

1. Check with your contractor how they want to have you pay.
2. You may need to put one spouse under the other so you are only paying for one family cost under the new Tricare Retiree Select.
3. If you are blended family, talk to your contractor to see how they want to do the cost.

For the most current and update go to the Tricare website or call your contractor.

Source: Health Insurance websites and Tricare website

Transition Assistant Advisor
(TAA): Amy Eagen

The TAA is the TRICARE and
VA liaison for the state.

Assistance provided for:

- TRICARE for Life
- TRICARE Reserve
Select/TRICARE
Retired Reserve
- TRICARE Dental,
Active Duty Dental
- VA Services and
Benefits
- Filing assistance for
benefits with VA,
DOD and Tricare
- The TAA is available*
to provide in-person
briefings for TRICARE
and/or VA benefits.
(Available during drill
weekends)
- Pre-separation
counseling
associated with
Transition Assistance
Program (TAP).

VA Benefits

What is Challenge America?

Challenge America is an outgrowth of Challenge Aspen, a Colorado-based non-profit organization that has providing possibilities for people with disabilities since 1995. Responding to the increasing number of wounded and injured service men and women returning from Operations Iraqi Freedom and Enduring Freedom, in 2005 Challenge Aspen launched a number of veteran-specific programs. As these programs developed, research revealed the lack of coordination of resources and information between organizations serving military across the country, making it difficult for service members and their families to locate the services needed for a successful transition from battlefield to home front. Recognizing the gap and the need for coordination of resources and information on both a national and community level, the idea of "challenge America" to find ways to connect military and their families with the resources needed to establish a "new normal" life was born.

The Challenge America initiative launched in 2009 at a star-studded musical event led by honorary co-founders Amy Grant and Vince Gill. Other celebrities who have joined Amy and Vince in supporting Challenge America's mission include Fred Funk, Alison Kraus, Michael McDonald, Darius Rucker, Mac McAnalley, Melinda Doolittle, Stephen Mansfield, Warren Miller, Robert Redford, Dennis Watson, Loren Roberts, and Bernhard Langer. In addition, Challenge America has been highlighted on national media, including NBC's Today Show and Hulu.com.

Challenge America Mission:

We believe the value of our society is determined largely by the way we care for those who sacrifice on our behalf. It is therefore our responsibility to do what we can to support service members, veterans and their families, from the time of oath through separation and beyond. That's why we created Challenge America – to mobilize and coordinate community support for military members and their families.

Challenge America Values:

We believe in empowering our community
We believe in transparency and accountability
We believe in the value of public service
We believe in the power of innovation
We believe that the simplest solution is always best
We believe that humor is a key to success

What Challenge America Does:

Challenge America leverages technology and a national network of nonprofit organizations to connect military members and their families to resources in the local communities.

For more information on Challenge America please visit their website www.challengeamerica.com.

Source: Challenge America Website

Watch out for the September newsletter which will contain

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information about How to do a love me Book and Traumatic Service Life Insurance.

If there is any material on Tricare, VA or DoD program you would like to see me address in my next newsletter please feel free to contact me at (720) 250 -1173 or email amy.j.eagen.ctr@mail.mil

