



# National Guard and Reserves

Tidewater Military Health System - Fiscal Year 2016



Program	Sponsor and Family Coverage <i>(eligibility is based on the sponsor's status)</i>
<b>Inactive</b> <i>(includes those on active duty orders for 30 days or less)</i>	
Line-of-Duty (LOD) Care	<ul style="list-style-type: none"> <li>* The sponsor is entitled to medical care for a condition incurred or aggravated in the line of duty.</li> <li>* LOD care does not apply to family members.</li> </ul>
TRICARE Reserve Select (TRS) <i>(www.tricare.mil/trs)</i>	<ul style="list-style-type: none"> <li>* Optional, premium-based coverage for qualified members of the Selected Reserve, and their eligible family members, who may purchase member-only or member-and-family coverage.</li> <li>* Provides TRICARE Standard and Extra benefits; TRICARE Prime is not an option.</li> </ul>
TRICARE Young Adult (TYA) <i>(www.tricare.mil/tya)</i>	<ul style="list-style-type: none"> <li>* Optional, premium-based coverage for eligible adult children of members of the Selected Reserve, who may purchase TYA Standard.</li> </ul>
TRICARE Dental Program (TDP) <i>(www.metlife.com/tricare)</i>	<ul style="list-style-type: none"> <li>* Optional, premium-based coverage for qualified members of the Selected Reserve, and their eligible family members, who may purchase sponsor coverage and/or family coverage.</li> </ul>
<b>Active</b> <i>(includes those on active duty orders for more than 30 days in support of a contingency operation)</i>	
Pre-Activation Benefit <i>(early eligibility)</i>	<ul style="list-style-type: none"> <li>- The sponsor is entitled to active duty medical and dental benefits for up to 180 days before active duty begins.</li> <li>- Family members are entitled to TRICARE Standard and Extra, or may choose to enroll in Prime, where available.</li> </ul>
Active Duty Medical Coverage	<ul style="list-style-type: none"> <li>- The sponsor is entitled to active duty medical benefits.</li> <li>- Family members are entitled to TRICARE Standard and Extra, and may choose to enroll in Prime, where available.</li> </ul>
Active Duty Dental Coverage	<ul style="list-style-type: none"> <li>- The sponsor is entitled to active duty dental benefits. If enrolled in the TDP, coverage automatically ends.</li> <li>- Family members are entitled to the TDP at a reduced premium rate.</li> </ul>
TRICARE Young Adult	<ul style="list-style-type: none"> <li>- Optional, premium-based coverage for eligible adult children, who may purchase TYA Prime (where available) or TYA Standard.</li> </ul>
<b>Deactivated</b> <i>(released from active duty orders of more than 30 days in support of a contingency operation)</i>	
Transitional Assistance Management Program (TAMP) <i>(www.tricare.mil/tamp)</i>	<ul style="list-style-type: none"> <li>- The sponsor is entitled to active duty medical and dental benefits for up to 180 days after active duty ends.</li> <li>- Family members are entitled to TRICARE Standard and Extra, or may choose to enroll in Prime, where available.</li> <li>- TYA is available to eligible adult children of members of the Selected Reserve, who may purchase TYA Prime or TYA Standard.</li> </ul>
TRICARE Reserve Select (TRS)	<ul style="list-style-type: none"> <li>- Optional, premium-based coverage for qualified members of the Selected Reserve, and their eligible family members, who may purchase member-only or member-and-family coverage.</li> <li>- Provides TRICARE Standard and Extra benefits; TRICARE Prime is not an option.</li> </ul>
Continued Health Care Benefit Program (CHCBP) <i>(www.tricare.mil/chcbp)</i>	<ul style="list-style-type: none"> <li>- Optional, temporary, premium-based coverage for qualified members of the Guard and Reserve, and their eligible family members, who may purchase sponsor coverage or sponsor-and-family coverage.</li> <li>- Must be purchased within 60 days of the end of TRICARE eligibility or TAMP, or within 30 days of losing TRS coverage.</li> </ul>
TRICARE Dental Program (TDP) <i>(www.metlife.com/tricare)</i>	<ul style="list-style-type: none"> <li>- Optional, premium-based coverage for qualified members of the Selected Reserve, and their eligible family members, who may purchase sponsor coverage and/or family coverage.</li> </ul>
<b>Retired</b>	
TRICARE Retired Reserve (TRR) <i>(www.tricare.mil/trr)</i>	<ul style="list-style-type: none"> <li>- Optional, premium-based coverage for qualified retired Guard and Reserve under age 60 ("gray area"), and their eligible family members, who may purchase member-only or member-and-family coverage.</li> <li>- Provides TRICARE Standard and Extra benefits; TRICARE Prime is not an option.</li> <li>- TYA Standard is available to eligible adult children of members of the Selected Reserve.</li> <li>- The sponsor must be enrolled in TRR for the child to qualify for TYA.</li> </ul>
TRICARE <i>(www.tricare.mil)</i>	<ul style="list-style-type: none"> <li>- At age 60, the retired sponsor and eligible family members are entitled to TRICARE Standard and Extra, or may choose to enroll in Prime, where available.</li> </ul>
TRICARE for Life (TFL) <i>(www.tricare.mil/tfl)</i>	<ul style="list-style-type: none"> <li>- Retirees and family members become eligible for TFL when they become entitled to Medicare, usually at age 65.</li> <li>- Medicare is primary coverage, and TRICARE Standard acts as a Medicare wrap-around coverage.</li> </ul>
TRICARE Retiree Dental Program (TRDP) <i>(www.trdp.org)</i>	<ul style="list-style-type: none"> <li>- Optional, premium-based coverage for qualified retired Guard and Reserve, and their eligible family members, who may purchase sponsor coverage and/or family coverage.</li> </ul>

McDonald Army Health Center  
Joint Base Langley-Eustis  
Information: (757) 314-7500

Naval Medical Center Portsmouth  
Naval Support Activity  
Information: (757) 953-5000

USAF Hospital Langley  
Joint Base Langley-Eustis  
Information: (757) 225-7630



## TRICARE Options and Eligibility Criteria for National Guard and Reserve Members and Their Families

Continued Health Care Benefit Program (CHCBP) - [www.humana-military.com](http://www.humana-military.com). Temporary (18 - 36 months), premium-based coverage when eligibility for regular TRICARE, TAMP or TRS benefits is lost because:

- \* Service members released from active duty (under other than adverse conditions) and family members.
- \* Selected Reserve and family members in certain circumstances. Runs concurrently with TRS enrollment.
- \* Unmarried former spouses TRICARE-eligible on the day before the date of divorce, dissolution or annulment.
- \* Unmarried children no longer eligible, but were TRICARE-eligible the day before losing family member status.

Transitional Assistance Management Program (TAMP) - [www.tricare.mil/tamp](http://www.tricare.mil/tamp). Temporary (180 days) coverage for service members and their dependents when the sponsor is separated from active duty:

- \* Involuntarily, or following an involuntary retention (stop-loss) in support of a contingency operation.
- \* After serving under a voluntary agreement to remain on active duty for less than a year in support of a contingency operation.
- \* With an agreement to immediately join the Selected Reserve, or with a sole survivorship discharge.
- \* Guard or Reserve member after more than 30 days activation in support of a contingency operation.

TRICARE Prime, Extra and Standard, and the Uniformed Services Family Health Plan (USFHP) - [www.tricare.mil](http://www.tricare.mil) or [www.usfhp.com](http://www.usfhp.com). Coverage for:

- \* Active duty (Prime only) and retirees, Medal of Honor recipients, and their dependents.
- \* Surviving spouse and children of a service member who dies on active duty.
- \* Retired National Guard and Reserve members and their dependents when the sponsor reaches age 60.
- \* Unmarried former (divorced) spouses who meet specific criteria.

TRICARE for Life (TFL) - [www.tricare.mil/tfl](http://www.tricare.mil/tfl) or [www.tricare4u.com](http://www.tricare4u.com). Coverage for retirees and dependents with Medicare Parts A and B. Starts for most people at age 65; under age 65 with disabilities.

TRICARE Reserve Select (TRS) - [www.tricare.mil/trs](http://www.tricare.mil/trs). Premium-based program for inactive members of the Selected Reserve and their family members who are not eligible for or enrolled in a Federal Employee Health Benefit (FEHB) program. The sponsor must be enrolled for family members to enroll.

TRICARE Retired Reserve (TRR) - [www.tricare.mil/trr](http://www.tricare.mil/trr). Premium-based program for retired National Guard and Reserve members under age 60 ("Gray Area Reserves") and their family members who are not eligible for or enrolled in the FEHB program. The sponsor must be enrolled for family members to enroll.

TRICARE Young Adult (TYA) - [www.tricare.mil/tya](http://www.tricare.mil/tya). Premium-based program provides coverage for unmarried adult children who lose regular TRICARE eligibility because of age (age 21 for most children; age 23 if a full-time student).

- \* Available to eligible children until their 26th birthday, and the child must not be eligible to enroll in an employer-sponsored health plan.
- \* For children of inactive Selected Reserve members to be eligible, the sponsor must be enrolled in TRS.
- \* For children of retired Guard and Reserve members under age 60 to be eligible, the sponsor must be enrolled in TRR.

TRICARE Dental Programs - Premium-based programs for active duty family members ([www.tricare.mil/dental](http://www.tricare.mil/dental) or <https://mybenefits.metlife.com/tricare>), or retirees and retiree family members ([www.trdp.org](http://www.trdp.org)).

## Tidewater Health Benefit Advisors

Naval Medical Center Portsmouth  
(757) 953-2610/2611

Branch Health Clinic (BHC) Dam Neck  
953-9322

BHC Norfolk (Sewell's Point)  
953-8708

BHC Little Creek (Boone)  
953-8182

BHC NAS Oceana  
953-3933 (option 7)

BHC NWS Yorktown  
953-8441

TRICARE Prime Clinic (TPC) Chesapeake  
953-6382

TPC Virginia Beach  
953-6710/6711

McDonald Army Health Center  
(757) 314-7748/7766/7777

USAF Hospital Langley  
225-5111

USCG Training Center Yorktown  
(757) 856-2230/2345



## TRICARE Information and Assistance

- \* Hampton Roads Appointment Center (Prime appointments at Tidewater MTFs) - 1-866-645-4584
- \* Medicare and Social Security: 1-800-772-1213; [www.medicare.gov](http://www.medicare.gov) or [www.ssa.gov](http://www.ssa.gov)
- \* Reserve Affairs - <http://ra.defense.gov>
- \* TRICARE - for complete TRICARE program and benefit information, visit: [www.tricare.mil](http://www.tricare.mil)
- \* TRICARE Nurse Advice Line - 24 hours a day, 7 days a week - 1-800-874-2273 (1-800-TRICARE)
- \* TRICARE North Region - [www.tricare.mil/tronorth](http://www.tricare.mil/tronorth)
  - \* Health Net Federal Services - 1-877-874-2273; [www.hnfs.com](http://www.hnfs.com)
- \* TRICARE South Region - [www.tricare.mil/trosouth](http://www.tricare.mil/trosouth)
  - \* Humana Military - 1-800-444-5445; [www.humana-military.com](http://www.humana-military.com)
- \* TRICARE West Region - [www.tricare.mil/trowest](http://www.tricare.mil/trowest)
  - \* United Healthcare Military and Veterans - 1-877-988-9378; [www.uhcmilitarywest.com](http://www.uhcmilitarywest.com)
- \* TRICARE Overseas - International SOS; 1-888-777-8343

