



Transitioning from Active Duty to Retirement

Agenda



- 1) Health Care Considerations when Planning Retirement
- 2) TRICARE Changes at Retirement
- 3) TRICARE and the Affordable Care Act (ACA)
- 4) Tidewater Military Health System (MHS)
- 5) TRICARE Regions and Managed Care Support Contractors
- 6) TRICARE Eligibility, DEERS and ID Cards
- 7) Access to Care in a Military Treatment Facility (MTF)
- 8) TRICARE Triple Options – Prime, Extra and Standard
- 9) Additional Health Care Benefits and Special Programs
- 10) TRICARE and Veterans Affairs (VA)
- 11) Information and Assistance Resources

Retirement Health Care Considerations



- Final duty station and primary care manager
- Terminal leave
- TRICARE cost, benefit and access changes at retirement
- Individual and family medical needs
- Availability of medical services
- Civilian employment health insurance
- Medicare and TRICARE for Life
- Veterans health care

TRICARE Changes at Retirement



- Lower MTF priority for care
- If choosing TRICARE Prime
 - Annual enrollment fee
 - Co-pay for civilian office visits
 - Only available in Prime Service Areas (PSAs)
 - Prime Remote and Overseas Prime not available
 - One routine eye exam every 2 years
- If choosing TRICARE Standard and Extra
 - Cost-shares 5% higher than for active duty family members
 - Family catastrophic cap increases from \$1,000 to \$3,000
- When eligible for Medicare, Part B is required to keep TRICARE
- Optional dental coverage offered through Delta Dental

TRICARE and the Affordable Care Act



- All TRICARE programs (except line-of-duty care or direct-care-only) meet the minimum essential requirements (MEC) of the Affordable Care Act (ACA)
- Eligibility information in DEERS must be up-to-date and accurate to ensure compliance
- www.healthcare.gov



Tidewater Military Health System

Military Treatment Facilities in Tidewater

Naval Medical Center Portsmouth (NMCP)

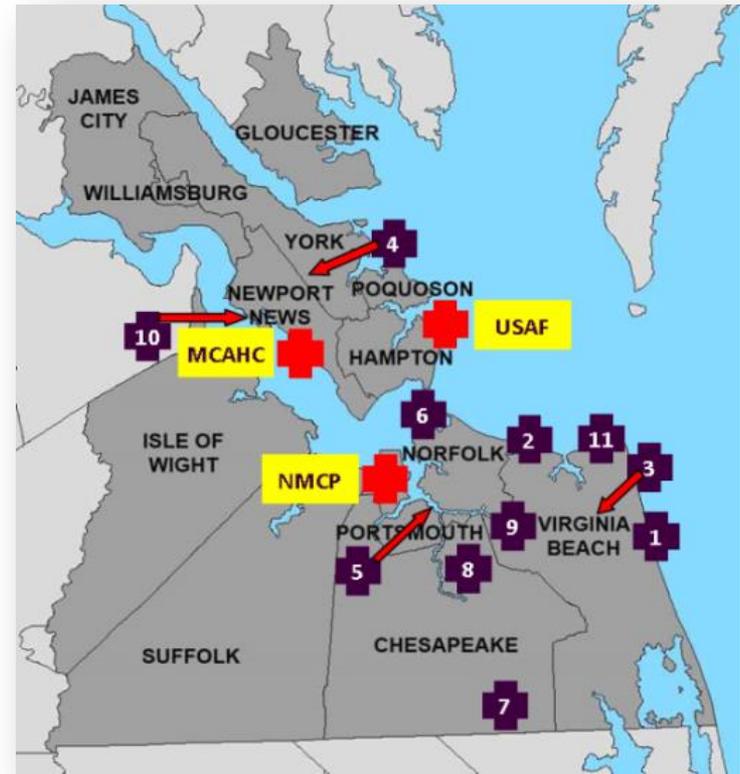
- Branch Health Clinic (BHC), Dam Neck (1)
- BHC, JEB Little Creek (Boone Clinic) (2)
- BHC, Naval Air Station Oceana (3)
- BHC, Naval Weapons Station Yorktown (4)
- BHC, Norfolk Naval Shipyard (5)
- BHC, Norfolk Naval Station (Sewell's Point) (6)
- BHC, Northwest Annex (7)
- TRICARE Prime Clinic (TPC) Chesapeake (8)
- TPC Virginia Beach (9)

McDonald Army Health Center (MCAHC)

- Troop Medical Clinic 1 (10)
- Troop Medical Clinic 2 (10)
- JEB Fort Story Health Clinic (11)

USAF Hospital Langley (USAF)/633 MDG

USCG Clinic Portsmouth, Yorktown and Elizabeth City, NC



TRICARE Regions and Contractors



TRICARE Regional Offices (TRO)

TRO North

1-866-307-9749

www.tricare.mil/tronorth

TRO South

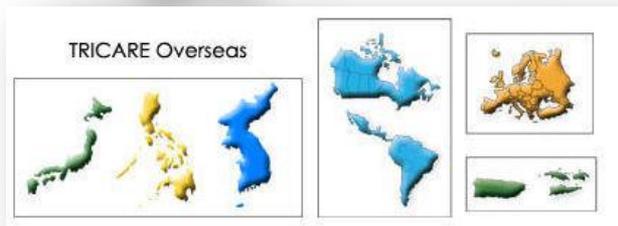
1-800-554-2397

www.tricare.mil/trosouth

TRO West

1-800-558-1746

www.tricare.mil/trowest



TRICARE Overseas Program International SOS

1-888-777-8343

www.tricare-overseas.com

Regional Contractors

North Region

Health Net Federal Services

1-877-874-2273

www.hnfs.com

South Region

Humana Military

1-800-444-5445

www.humanamilitary.com

West Region

United Healthcare

1-877-988-9378

www.uhcmilitarywest.com

TRICARE Eligibility, DEERS and ID Cards



- DEERS (Defense Enrollment Eligibility Reporting System)
 - Military personnel function
 - Update with any change in status
 - Rapids sites (ID card offices)
 - Information – 1-800-538-9552
 - www.milconnect.dmdc.mil
 - Site locator
 - www.dmdc.osd.mil
 - Appointments
 - <https://rapids-appointments.dmdc.osd.mil>



TRICARE-Eligible Beneficiaries



- Sponsor/service member (active, retired, National Guard, Reserves, Medal of Honor recipient)
- Family members
 - Spouse
 - Former (divorced) spouse – specific criteria must be met
 - Children – unmarried to age 21 (23 if full-time student)
 - TRICARE Young Adult to age 26
 - Considerations for adult incapacitated children
- Survivors (spouse and children)
- Others (limited, space-available direct care only)

Eligibility on Terminal Leave



- While on terminal leave, service members are still active duty until the actual retirement date
 - Remain in TRICARE Prime at final duty station
 - If leaving the area, seek care at any available MTF
 - Contact PCM for authorization for non-emergency care
 - PCM may pre-authorize non-emergency care at an available VA facility
 - Family members can keep their current coverage, switch programs or, if in Prime, change their PCM
 - TRICARE Prime is not available everywhere

Eligibility at Retirement



- Regular retirement – service members (SMs) and family members (FMs) keep TRICARE
- Medical retirement – SMs with a service disability rating of at least 30% (not the same as a VA disability rating)
 - Temporary Disability Retirement List (TDRL) – SMs and FMs keep TRICARE
 - SM evaluated every 18 months, for up to 5 years, when a decision is made to retain on the TDRL, separate from service, return to duty, or move to the Permanent Disability Retirement List (PDRL)
 - PDRL – SM and FMs keep TRICARE

Special Eligibility Situations



- Married service members
 - If one is retired and one is active duty, register under active duty member for lower costs and higher priority for MTF access-to-care
 - If both are retired, register under one for cost savings (one catastrophic cap)
- Newborns
 - Register in DEERS within 60 days to enroll and stay in Prime
 - Register by the first birthday to keep TRICARE eligibility
- Newborn of an unwed dependent daughter – not eligible, unless:
 - Adopted by daughter's sponsor
 - Baby's father is a service member and paternity is established

Incapacitated Adult Children



- Permanent eligibility for special needs adult children
 - Unmarried and incapable of self-support because of a qualifying disability that existed before age 21 (or between age 21 and 23 if a full-time student)
 - Incapacitated student – a physician’s statement that the incapacitation occurred between age 21 and 23, and a letter from the school verifying full-time status are required when applying for permanent eligibility
 - Child relies on the sponsor for over 50% of support (or did at the time of a sponsor’s death)
 - Apply through DEERS at least 90 days before current ID card expires

Losing TRICARE Eligibility



- Active duty service member
 - Separate from active duty (not retiring)
 - End of TAMP
- Guard or Reserve member
 - Inactive
 - Retired (under age 60)
 - Eligibility for other programs may apply
- Spouse – divorce (some exceptions)
 - Former (divorced) spouse – remarriage or employer coverage
 - Former (widowed) spouse – remarriage
- Children – age or marriage

Options when Eligibility is Lost



- Transitional Assistance Management Program (TAMP) – 180 days of ADFM coverage for certain separating service members and families
- Continued Health Care Benefit Program (CHCBP)
 - Optional, temporary (18 – 36 months) coverage
 - Similar to Standard and Extra, but not including use of MTFs
 - Quarterly premiums - \$1,300/individual; \$2,925/family
 - Managed by Humana – www.humana-military.com
- TRICARE Young Adult (TYA)
 - Optional, premium-based coverage to age 26
 - Monthly premiums - \$306/Prime; \$228/Standard

MTF Access-to-Care Priorities



- 1) Active duty service members (ADSMs)
- 2) Active duty family members (ADFMs) in Prime
- 3) Retirees, family members and survivors in Prime
- 4) TRICARE Plus
- 5) ADFMs not in Prime (includes TRS enrollees)
- 6) Retirees, family members and survivors not in Prime (includes TFL beneficiaries and TRR enrollees)
- 7) Others – space-available direct care only

Note: MTF ancillary services (emergency room, pharmacy, immunizations, laboratory and radiology) usually available to all TRICARE-eligible beneficiaries on a walk-in basis

TRICARE Triple Options for Retirees



	Prime	Extra	Standard
Annual Enrollment Fee	\$282.60/single \$565.20/family	N/A	
Annual Deductible (FY)	None (except POS)	\$150/individual; \$300/family	
Point-of-Service (POS) Outpatient Deductible (FY)	\$300/individual; \$600/family	N/A	
POS Cost-Share	50%	N/A	
Civilian Provider Visit	\$12	20%	25%
Hospitalization	\$11/day	\$250/day or 25%	\$810/day or 25%
Outpatient Behavioral Health	\$25/individual \$17/group	20%	25%
Provider Category	MTF or Network	Network	Non-Network
Balance Billing	No		Up to 15%
Family Catastrophic Cap (FY)	\$3000		

TRICARE Prime for Retirees



- Available only in Prime Service Areas (PSAs) in the U.S.
 - Within 40 miles of an MTF or BRAC site
- Enroll within 30 days of retirement to continue Prime uninterrupted; otherwise 20th of the month rule applies
- Enrollment coordinated by the regional contractor
 - Health Net for the North Region – 1-877-874-2273
 - Split enrollment – members in different regions
 - PCM assignment – priority assignment to MTF PCM, where available, or to civilian network PCM
- Medicare-eligible retirees and family members age 65 and older not eligible for Prime or USFHP

Prime Appointment Access Standards



- Appointments and access-to-care (ATC) standards
 - Emergency – immediately (911 or nearest ER)
 - Urgent care – 24 hours, or less
 - Routine care – 7 days, or less
 - Specialty or wellness care – 28 days, or less
 - Follow-up care – doctor’s discretion
- Drive-time/distance ATC standards
 - PCM – 30 minutes (beneficiary can waive up to 100 miles)
 - Specialty care – 60 minutes
- MTF Prime appointments in Tidewater
 - Hampton Roads Appointment Center (HRAC)
 - 1-866-645-4584

Prime Point-of-Service (POS)



- Beneficiary liability for unauthorized non-emergency care
 - Includes urgent care and most specialty care without a referral and authorization
 - Does not apply to ADSMs
- Outpatient FY deductible – \$300/individual; \$600/family
- Inpatient and outpatient cost-share – 50% of the TRICARE-allowable charge
 - Possible additional 15% balance-billing for services received from non-network providers
- POS costs do not apply towards the catastrophic cap, and there is no upper limit

Prime Referrals and Authorizations



- Required for most non-primary, non-emergency care, including urgent and specialty care
- Specialty care offered first at an MTF
- Referral types
 - Evaluate only/second opinion – one or two visits
 - Evaluate and treat – for an episode of care
- ADSMs who receive unauthorized, non-emergency care, including urgent care, from a civilian provider may be responsible for the entire cost of the care
 - Other Prime beneficiaries subject to POS charges

Prime Referral Process



- PCM submits referral request
- Reviewed by MTF (in Tidewater – NMCP, USAF Hospital Langley or McDonald Army Health Center)
 - If an MTF appointment is not available, patient deferred to a civilian network provider
- For assistance, contact:
 - Health Net – 1-877-874-2273
 - NMCP Clinical Communication Center – (757) 953-6289

Prime Travel Benefit



- For medically-necessary, non-emergency referrals to a specialist more than 100 miles from the patient's PCM
 - Does not apply to ADSMs as patients or non-medical attendants (NMA) – must have command travel orders
 - MTF or TRICARE Regional Office (for patients with civilian PCMs) prior-authorization required in all cases
 - Reimbursement for reasonable travel expenses for patient and one authorized NMA
 - Meals, fuel, tolls, parking, lodging, transportation
 - NMCP points-of-contact
 - Health Benefits – (757) 953-2610
 - Travel Office – (757) 953-9375/9376/9380/9787

Traveling with Prime



- If medical care is needed when traveling away from home, use an MTF, if available
 - Emergencies – call 911 or go to the nearest ER
 - Notify PCM within 24 hours
 - Coordinate all follow-up care with PCM
 - Urgent care – medically-necessary within 24 hours
 - Coordinate with PCM
 - Call the Nurse Advice Line – 1-800-874-2273
 - Unauthorized urgent care is point-of-service
 - Coordinate all follow-up care with PCM
 - Routine care not authorized

TRICARE Claims



- Charges for services received from civilian providers
- Network providers (Prime and Extra) file the paperwork
- Beneficiary claim form for reimbursement – *Patient’s Request for Medical Payment (DD Form 2642)*
- North Region processor – Health Net/PGBA (www.mytricare.com)
- Coordination of benefits with OHI
 - OHI is usually primary coverage (pays first)
- Explanation of Benefits (EOB) – monthly statement
 - Individual EOBs sent for denied claims or payment due
 - EOBs available online at www.mytricare.com
- For claims assistance, contact the provider’s billing office, PGBA or a Health Benefit Advisor

Other Programs and Benefits



- 1) Autism Care Demonstration
- 2) Breastfeeding Support
- 3) Cancer Clinical Trials
- 4) Dental Programs
- 5) Mental Health
- 6) National Guard and Reserves
- 7) Nurse Advice Line
- 8) OB and Maternity Care
- 9) Pharmacy
- 10) Preventive Health
- 11) Prior Authorization
- 12) TRICARE for Life
- 13) TRICARE Overseas Program
- 14) TRICARE Young Adult
- 15) Uniformed Services Family Health Plan
- 16) Veterans Affairs

Comprehensive Autism Care Demo



- Direct or reinforcement applied behavior analysis (ABA) therapy for patients with an autism spectrum disorder (ASD) diagnosis
- Consolidated three previous programs into one Expanded benefit with fewer requirements
- All services require pre-authorization from Health Net
- www.tricare.mil/plans/specialprograms/autism.asp

ABA Costs (Co-Pays and Cost-Shares; Apply Towards the Catastrophic Cap)

ADFMs in Prime – \$0	\$0 co-pay
ADFMs with Standard/Extra FMs with TRICARE Reserve Select (TRS)	Standard – 20% cost-share Extra – 15% cost-share
Retired FMs in Prime – \$12 co-pay per visit	\$12 co-pay
Retired FMs with Standard/Extra FMs with TRICARE Retired Reserve (TRR)	Standard – 25% cost-share Extra – 20% cost-share

Breastfeeding Support



- Eligibility – any pregnant beneficiary, or an eligible female who adopts and intends to breastfeed an infant
- Coverage – prescription required for items and services
 - Heavy-duty hospital-grade breast pump and supplies
 - Medical necessity criteria applies
 - Manual or standard electric pumps, supplies and kits
 - Breastfeeding and lactation counseling



Cancer Clinical Trials



- Department of Defense (DoD) partnership with the National Cancer Institute (NCI)
- Research studies for the prevention, diagnosis and treatment of cancers and other illnesses
- Open to all TRICARE beneficiaries; TRICARE shares the cost of evaluation and testing to determine participation eligibility, and medical care during the trial
- Information – 1-800-422-6237
 - www.tricare.mil/Plans/SpecialPrograms/CancerClinicalTrials



Dental



- TRICARE Retiree Dental Program (TRDP) – for retirees and retiree family members
 - Optional, premium-based coverage
 - Delta Dental Plan of California – www.trdp.org



Mental Health



- Inpatient and outpatient services available from:
 - Psychiatrists and other physicians
 - Clinical psychologists and licensed clinical social workers
 - Certified psychiatric nurse specialists
 - Certified marriage and family therapists
 - Counselors
- ADSMs must coordinate all mental health care through the military health system (MHS); non-ADSMs can self-refer for the first 8 outpatient visits each FY
 - Subsequent visits require Health Net authorization
 - www.tricare.mil/mentalhealth

Guard and Reserves – Gray Area Retiree



- 'Gray Area' retiree – under age 60
- TRICARE Retired Reserve (TRR)
 - Eligibility – retirees and FMs not eligible for or enrolled in a Federal Employee Health Benefit Plan (FEHBP) (self or spouse)
 - Benefits – Extra/Standard (Standard overseas)
 - Monthly premiums (2016)
 - \$388.79/member; \$957.44/member and family
 - To qualify and purchase coverage – complete the online '*DMDC Reserve Component Purchased TRICARE Application (RCPTA)*' (<https://www.dmdc.osd.mil/appj/trs>)
- TRICARE Retiree Dental Program (TRDP)

Guard and Reserves – Regular Retiree

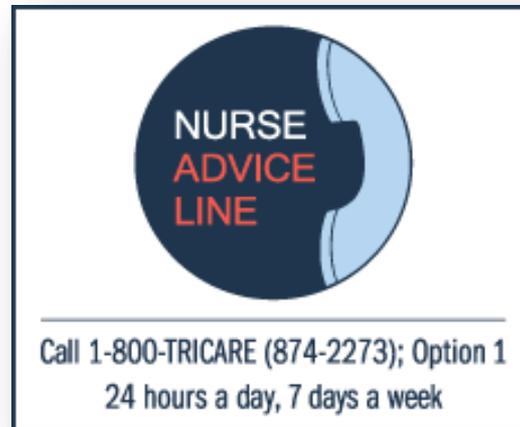


- Regular retirement at age 60
 - Reserve member coverage
 - TRICARE Prime/USFHP
 - TRICARE Extra/Standard
 - TRICARE for Life (TFL) – when eligible for Medicare
 - TRDP
 - Family member coverage
 - TRICARE Prime/USFHP
 - TRICARE Extra/Standard
 - TFL – when eligible for Medicare
 - TYA Prime or Standard
 - TRDP

Nurse Advice Line (NAL)



- For all beneficiaries in the U.S., including Alaska and Hawaii (does not include USFHP enrollees)
- Answer health care questions and concerns
- Advise on need for care – self, routine, urgent or emergent
- Communicate with MTF PCMs and schedule appointments for MTF Prime-enrolled patients



OB and Maternity Care



- Prime patients in Tidewater receive OB and maternity care through Women's Health at NMCP (953-4300), or USAF Hospital Langley (764-6994/6992)
- Maternity care includes:
 - Prenatal care, including OB visits and medically-necessary ultrasounds
 - Antepartum care for high risk pregnancies
 - Hospitalization for labor and delivery
 - Postpartum care for up to 6 weeks after delivery
 - Breastfeeding support

Pharmacy Choices and Costs



Pharmacy		# Days Supply	Formulary		Non-Formulary
			Generic	Brand Name	
Military Treatment Facility www.tricare.mil/coveredservices/pharmacy		90	No Cost		Not Available
Home Delivery (1-877-363-1303) www.express-scripts.com/tricare			No Cost	\$20	\$49
Retail Network (1-877-363-1303) www.express-scripts.com/tricare		30	\$10	\$24	\$50
Retail Non-Network	Prime		50% of the total cost after POS deductible is met		
	ADFM Non-Prime		Greater of \$24 or 20% of the total cost after Standard/Extra deductible is met	Greater of \$50 or 20%, after deductible	

- ADSMs do not pay for any authorized prescription medications at any pharmacy.
- The annual TRICARE Standard/Extra deductible or TRICARE Prime point-of-service (POS) deductible for all other beneficiaries does not apply to prescriptions filled through home delivery or at a retail network pharmacy.
- Limited availability of non-formulary medications at retail pharmacies.
- TRICARE pharmacy formulary – www.express-scripts.com/static/formularySearch/

Pharmacy Home Delivery



- Mandatory use of home delivery for select, brand-name maintenance medications (such as allergy, blood pressure, cholesterol or thyroid medications)
- Effective October 1, 2015, required for all beneficiaries, except ADSMs, in the U.S. and U.S. territories
 - Exceptions and waivers
 - Prescriptions filled at an MTF pharmacy
 - Acute care meds (antibiotics, pain meds, etc.)
 - Beneficiaries with OHI prescription coverage
 - Generic versions of maintenance medications
 - If medication is on back-order at Express Scripts
 - Program notifications by mail from Express Scripts

Pharmacy Electronic Prescriptions (eRx)



Tidewater MTF Pharmacy Site	Published e-RX Site Name	NCPDP/NPI
Branch Health Clinic (BHC) Dam Neck	DoD PORTS VA DAM NECK ePhcy	4845345 / 1396158168
BHC JEB Little Creek-Fort Story (Boone)	DoD PORTS VA LITTLE CRK ePhcy	4845357 / 1205249075
BHC Naval Air Station Oceana	DoD PORTS VA BHC OCEANA ePhcy	4845410 / 1578977666
BHC Norfolk Naval Station (Sewells Point)	DoD PORTS VA BHC SEWELLS PT ePhcy	4845369 / 1205249059
BHC Naval Weapons Station Yorktown	DoD PORTS VA BHC YORKTOWN ePhcy	4845460 / 1952717472
BHC Northwest	DoD PORTS VA NORTHWEST NSG ePhcy	4845888 / 1548664949
Kenner Army Health Clinic, Fort Lee	DoD FT LEE ePhcy	4845395 / 1417361866
McDonald Army Health Center (MCAHC)	DoD FT EUSTIS ePhcy	4845458 / 1861807703
Naval Medical Center Portsmouth (NMCP)	DoD PORTS VA NMC ePhcy	4845371 / 1548673205
Scott Center Annex NNSY Portsmouth	DoD PORTS VA SCOTT CENTER ePhcy	4845838 / 1013319755
TRICARE Prime Clinic (TPC) Chesapeake	DoD PORTS VA TPC CHESAPEAKE ePhcy	4845383 / 1508270950
TPC Virginia Beach	DoD PORTS VA TPC VA BEACH ePhcy	4845408 / 1851704431
USAF Hospital Langley	DoD LANGLEY ePhcy	4845523 / 1720494834
TRICARE Mail Order (Home Delivery)	Express Scripts Home Delivery	2623735 / 1558443911

Preventive Health and Wellness



Services	Prime ¹	Standard, Extra and TRR
Breast MRIs Clinical Preventive Exams Colon Cancer Screenings Immunizations and Vaccines Mammograms PAP Smears Well-Child Care Visits	No copayment	No cost-share
Cardiovascular Screenings Eye Exams ² Genetic Testing Infectious Disease Screenings School Physicals ²	No copayment	Network: 20% Non-network: 25%
1 Prime, USFHP, Young Adult Prime 2 Benefit restrictions and limits may apply		

Prior Authorization



- Required for all beneficiaries when TRICARE is the primary payer
 - Certain medications
 - Adjunctive (medically-necessary) dental
 - Home health care and hospice
 - Non-emergency substance abuse or behavioral health admissions
 - Outpatient behavioral health (after the 8th visit)
 - Skilled nursing facility care (after day 100 for TFL)
 - Most organ transplants
 - ECHO (ADFM benefit only)
- Not required for services authorized under Medicare or OHI

TRICARE for Life (TFL)



- For Medicare-eligible beneficiaries – most at age 65; younger with a disability
 - Premium-free Medicare Part A and enrolled in Part B
 - Monthly Part B premium; no TFL enrollment fee
 - TRICARE pays secondary to Medicare
 - Prime not an option for retiree and FM TFL beneficiaries at age 65; under age 65 may enroll in Prime, where available, and the enrollment fee is waived
 - Claims and information – Wisconsin Physician Services
 - www.tricare4u.com
- Monthly TFL presentation at NMCP – 2nd Tuesday of each month at 9 a.m. in Internal Medicine

TRICARE Overseas Program (TOP)



- Overseas Prime and Overseas Prime Remote are only for ADSMs and command-sponsored family members
 - All others – TRICARE Standard
 - Space-available MTF care
 - Most care from host nation providers
- To find a provider or get assistance
 - TOP Area Office or MTF
 - U.S. Embassy or Consulate
- TOP regional contractor – International SOS
 - 1-888-777-8343 (from the U.S. only)
 - www.tricare-overseas.com

TRICARE Young Adult (TYA)



- Eligibility
 - Unmarried child of a TRICARE-eligible sponsor
 - At least 21 (23 if a full-time student), but under age 26
 - Not eligible for an employer health plan
 - National Guard and Reserve sponsors must be eligible for regular TRICARE or TAMP benefits, or must be eligible for and enrolled in either TRS or TRR
 - Children only eligible for TYA Standard/Extra
- Monthly premiums (January – December 2016)
 - Prime: \$306; Standard/Extra: \$228

U.S. Family Health Plan (USFHP)



- Benefits and costs similar to TRICARE Prime
- 6 geographic locations
- Eligible beneficiaries same as TRICARE, except ADSMs
- Except for emergencies, TRICARE facilities not used
- www.usfhp.com; 1-800-748-7347



Martin's Point Health Care
Brighton Marine Health Center
Saint Vincent Catholic Medical
Centers of New York
Johns Hopkins Medicine
CHRISTUS Health
Pacific Medical Centers

Veterans Affairs (VA)



- Eligibility for VA health care benefits
 - Discharged or separated from military service under conditions other than dishonorable
 - Minimum duty requirements may apply
 - Reserve and National Guard member called to active duty (other than for training only)
- Military retirement and dual eligibility
 - Retirees and family members keep TRICARE
 - With or without a VA disability rating, retirees may apply for VA health care benefits
- Information – <http://www.va.gov/health/>

Online Information



- Medicare – www.medicare.gov
- NMCP – www.med.navy.mil/sites/NMCP2/
- Reserve Affairs – www.defenselink.mil/ra
- Social Security – www.ssa.gov
- TRICARE – www.tricare.mil
- Veterans Affairs – www.va.gov
- Veterans Health Administration – www.va.gov/health



Tidewater Health Benefit Advisors



- Beneficiary Counseling and Assistance Coordinators and Debt Collection Assistance Officers in Tidewater
 - McDonald Army Health Center – (757) 314-7939
 - NMCP – 953-2610
 - USAF Hospital Langley – 225-5111
 - Branch Health Clinic (BHC) Dam Neck – 953-9522
 - BHC Little Creek (Boone Clinic) – 953-8182
 - BHC Norfolk (Sewell’s Point) – 953-8708
 - BHC Northwest – 421-8220
 - BHC Oceana – 953-3933 (option 7)
 - BHC Yorktown – 953-8441
 - TRICARE Prime Clinic (TPC) Chesapeake – 953-6382
 - TPC Virginia Beach – 953-6710



Tidewater Military Health System

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