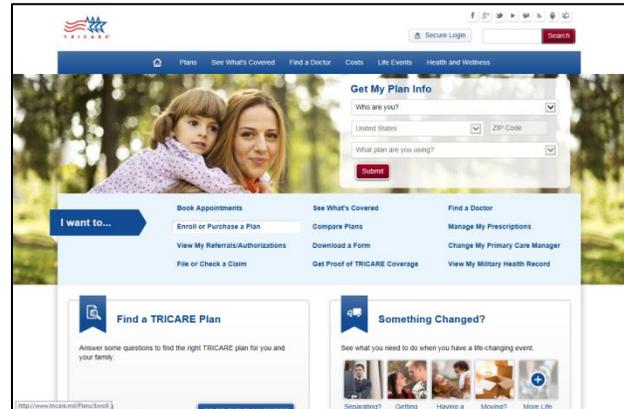


TRICARE BENEFIT UPDATES

TRICARE Covers Smoking-Cessation Medications and Counseling

TRICARE covers both prescription and over the counter (OTC) tobacco-cessation products. Covered products are available at no cost through military pharmacies and TRICARE Pharmacy Home Delivery but are not covered when purchased at retail pharmacies. Products are available in the U.S. for all TRICARE beneficiaries age 18 and older who are not eligible for Medicare. Tobacco-cessation counseling is also a covered benefit. For more information, visit: www.tricare.mil/tobaccocessation.



TRICARE has a toll-free Tobacco Quitline available 24/7 including weekends and holidays. The TRICARE South Region Tobacco Quitline number is: 1-877-414-9949

TRICARE beneficiaries can get smoking and smokeless tobacco-cessation support through the comprehensive website: www.ucanquit2.org. The site offers interactive, web-based tobacco-cessation training and live support from trained coaches, quit tips, a text message support program, calculator, and much more.

Expanded Access to the Continued Health Care Benefit Program (CHCBP)

CHCBP is a premium based plan that gives you temporary health coverage for 18-36 months after you lose eligibility for your military health care benefits. Participation in CHCBP is optional and is available to former qualified uniformed service members, their family members, former spouses who have not remarried, adult children, and unmarried children by adoption or legal custody. For more information: www.tricare.mil/chcbp

CHCBP is not a TRICARE program but offers comparable coverage to TRICARE Standard with similar benefits, providers and program rules. The main difference is that premium payments are required and CHCBP enrollees are not entitled to routine, urgent, or specialty care at military hospitals/clinics or to military pharmacy services.

The Affordable Care Act, also known as the health care reform law, requires individuals maintain health insurance or other health care coverage that meets the definition of

“minimum essential coverage.” CHCBP is considered minimum essential coverage. You can also find other health care coverage options at www.healthcare.gov.