



Last Reviewed October 2021

# Separating from Active Duty

Your Options For Care After Separating From Active Duty

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# Today's AGENDA

- Health Care Coverage
- Transitional Coverage
- Benefit Information
- Other Important Information
- For Information and Assistance





# Keep DEERS Information Up To Date



**Being able to use TRICARE depends on keeping DEERS up to date.** Update DEERS after you have a life event, like getting married or divorced, moving, giving birth, adopting a child, retiring, and other changes.



Go to an **ID card office**. Find an office at [www.dmdc.osd.mil/rsl](http://www.dmdc.osd.mil/rsl).

**Note:** You must use this option to add family members in DEERS.



Log on to <https://milconnect.dmdc.osd.mil>.



Call **1-800-538-9552**.



Fax **1-800-336-4416**.

# Coverage Options

- Transitional health care options:
  - Transitional Assistance Management Program (TAMP)
  - Continued Health Care Benefit Program (CHCBP)
- If you're transitioning to the National Guard or Reserve, you may qualify to purchase TRICARE Reserve Select (TRS). For more information, go to [www.tricare.mil/trs](http://www.tricare.mil/trs).
- Active duty coverage ends on your last day of active duty.





# TAMP Overview

- 180 days of transitional health care benefits
- Begins the day after you separate from active duty
- You have 90 days from the start of TAMP to enroll or reenroll in a TRICARE plan.
- All beneficiaries covered as active duty family members (ADFMs), including the sponsor



# TAMP Eligibility

- You and your eligible family members may get TAMP health care benefits after active duty if you:
  - Involuntarily separate from active duty under honorable conditions. This includes service members who receive a voluntary separation incentive or voluntary separation pay and aren't entitled to retirement pay.
  - Are a National Guard or Reserve member separating from a period of active duty that was more than 30 consecutive days in support of a contingency operation
  - Separate following involuntary retention (stop-loss) in support of a contingency operation
  - Separate following a voluntary agreement to stay on active duty for less than one year in support of a contingency operation
  - Separate and agree to immediately become a member of the Selected Reserve with no gap in service
  - Separate due to a sole-survivorship discharge



# Continued Health Care Benefit Program



- Premium-based, continued health care coverage
- Available for 18-36 months after you lose all TRICARE eligibility
- Similar to TRICARE Select, but with premium payments
- No dental benefits
- Requires enrollment within 60 days after loss of regular TRICARE eligibility or TAMP coverage

# Qualifying for CHCBP

- Former ADSMs and their qualifying family members (up to 18 months)
- Former National Guard and Reserve members (up to 18 months)
- Certain former spouses who haven't remarried before age 55 (up to 36 months)
- Dependent spouses and children (up to 36 months)





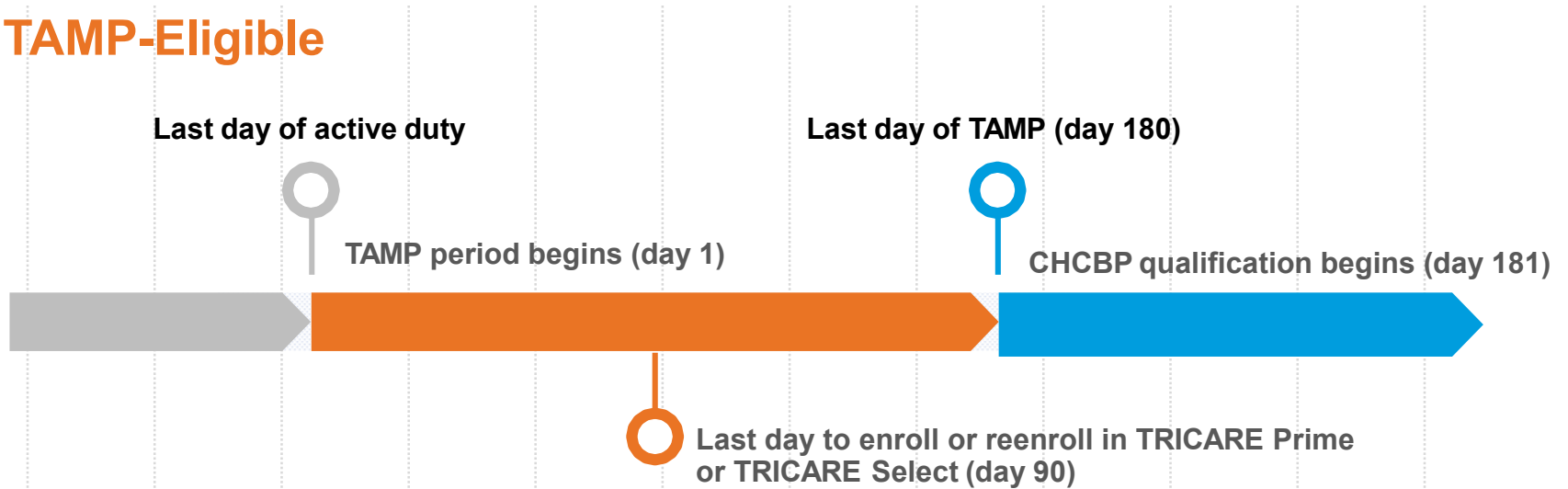


# Purchasing CHCBP

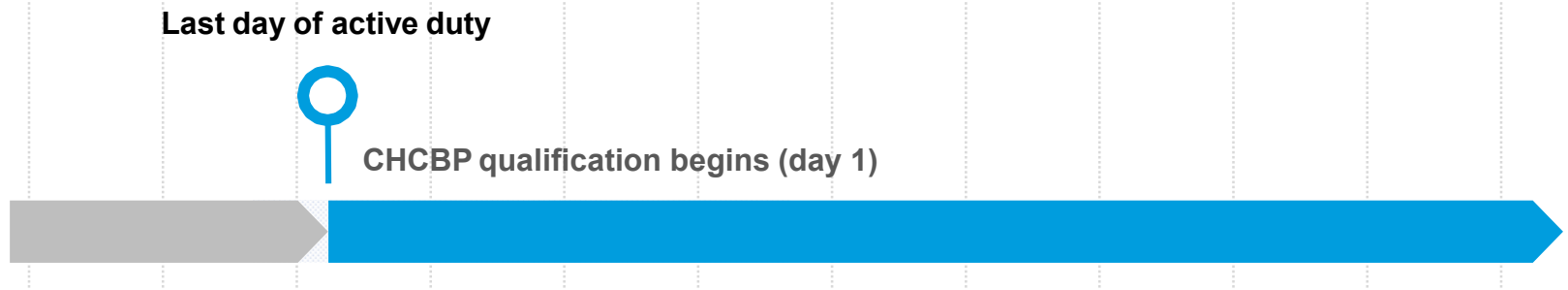
- Purchase CHCBP coverage within 60 days of loss of regular TRICARE eligibility or TAMP coverage.
- Fill out the *Continued Health Care Benefit Program (CHCBP) Application* (DD Form 2837):
  - Download the form at **HumanaMilitary.com**.
  - Call Humana Military at **1-800-444-5445**.
- Provide a 90-day premium payment:
  - Go to [www.tricare.mil/costs](http://www.tricare.mil/costs) for information on costs.

# Transitional Coverage Timeline

## TAMP-Eligible



## Not TAMP-Eligible





# Pharmacy Options

## **Military Pharmacy**



- Usually inside military hospitals and clinics
- Get up to a 90-day supply

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## **TRICARE Pharmacy Home Delivery**



- Must use this option for some drugs
- Get up to a 90-day supply

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## **TRICARE Retail Network Pharmacy**



- Fill prescriptions without submitting a claim
- Get up to a 30-day supply

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## **Non-Network Pharmacy**



- Pay full price up front and file a claim to get a portion of your money back
  - Get up to a 30-day supply
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# Dental Coverage

## Dental Coverage

	Terminal Leave	TAMP	CHCBP
<b>ADSMs</b>	<ul style="list-style-type: none"><li>• Seek care at military dental clinics</li><li>• May be eligible for the Active Duty Dental Program</li></ul>	<ul style="list-style-type: none"><li>• Space-available care at military dental clinics</li></ul>	<ul style="list-style-type: none"><li>• No dental benefits</li></ul>
<b>ADFMs</b>	<ul style="list-style-type: none"><li>• Remain enrolled in the TRICARE Dental Program (TDP)</li></ul>	<ul style="list-style-type: none"><li>• Space-available care at military dental clinics</li></ul>	<ul style="list-style-type: none"><li>• No dental benefits</li></ul>



## Stateside Regional Contractors

- TRICARE East Region  
Humana Military  
**1-800-444-5445**  
**HumanaMilitary.com**  
**[www.tricare-east.com](http://www.tricare-east.com)**
  
- TRICARE West Region  
Health Net Federal Services, LLC  
**1-844-866-WEST** (1-844-866-9378)  
**[www.tricare-west.com](http://www.tricare-west.com)**

## Overseas Regional Contractor

- TRICARE Overseas Program (TOP)  
International SOS Government Services,  
Inc.  
**[www.tricare-overseas.com/contact-us](http://www.tricare-overseas.com/contact-us)**

## More Resources

- TRICARE Website  
**[www.tricare.mil](http://www.tricare.mil)**



- Publications  
**[www.tricare.mil/publications](http://www.tricare.mil/publications)**
  
- milConnect  
**<https://miltconnect.tricare.mil>**