

Deployment Health and Family Readiness Library



Post-Deployment Health Care for Reserve Component Members

For Service members and their Families

Important Facts

- *Post-deployment health is a DoD priority.* The Department of Defense (DoD) is committed to meeting the post-deployment health care needs of Reserve Component (RC) members and their families.
 - *Post-deployment health care coverage options are now available for eligible RC members* who are ordered to active duty for more than 30 consecutive days in support of a contingency operation.
 - RC members should verify their information is accurate in the Defense Enrollment Eligibility Reporting System (DEERS) for themselves and their family members by visiting or contacting the nearest military identification card issuing facility or contacting the Defense Manpower Data Center Support Office toll free at (800) 538-9552. This information is used to validate your eligibility for post-deployment TRICARE health care coverage.
1. RC member is called or ordered to active duty, under Title 10, in support of a contingency operation on or after September 11, 2001, for greater than 30 days.
 2. RC member must have served continuously on active duty for 90 days or more under such a call or order the length of time served determines the maximum period or coverage you may purchase under TRS.
 3. RC member agrees to serve in the Selected Reserve for a length of time (in whole years) equal to or less than the period of eligibility for TRS.
 - a RC members separated from qualifying active duty service after April 26, 2005, must enter into a Service agreement with a unit by the last day of active duty and submit a completed enrollment form⁴ and initial premium payment to Health Net so they receive it 30 days before the end of TAMP.
 - b Members released from active duty prior to or on April 26, 2005, have until October 28, 2005, to complete the Service/RC member agreement and TRS enrollment.

What is the Transitional Assistance Management Program and transitional health care coverage?

The Transitional Assistance Management Program (TAMP) offers transitional TRICARE health care coverage at no cost to certain RC members and their eligible family members for 180 days. To be eligible, RC members must have been ordered to active duty for more than 30 consecutive days in support of a contingency operation. They are automatically enrolled in TAMP² following discharge.

Three plans are available for you and your eligible family members: TRICARE Standard, TRICARE Extra, and TRICARE Prime (where offered). Active duty RC members and family members enrolled in TRICARE Prime who desire to continue their enrollment upon the RC member's separation from active duty status are required to reenroll. When TAMP health care coverage ends, based on eligibility, RC members may enroll in TRICARE Reserve Select (TRS). TRS coverage will begin the day after the TAMP health care coverage ends, if certain criteria are met.

Who is eligible for TRICARE Reserve Select (TRS)?

The new TRICARE Reserve Select (TRS) premium-based health plan is available to members of the RC and their families, who meet eligibility³ criteria:

What is TRICARE Reserve Select (TRS)?

TRS provides comprehensive health care coverage. Annual deductibles, cost-shares and a catastrophic cap apply, plus a monthly premium is charged. For a complete list of benefits and cost-shares, refer to the *TRICARE Reserve Select Handbook* on the TRICARE website at: <http://www.tricare.osd.mil/reserve/reserveselect>.

What is the DoD doing to assess the post-deployment health status of RC members prior to being released from active duty?

Post-deployment health assessment questionnaires (DD Form 2796, *Post-Deployment Health Assessment*) are given to each service member prior to redeployment or release from active duty. The assessment gathers information on the health concerns or problems that the service member feels are related to deployment. Face-to-face health assessments with health care providers are provided to determine the need for referral for appropriate medical follow-up. Military and Veteran's Affairs (VA) providers use

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A collaborative effort between the Air Force Institute for Operational Health, the Deployment Health Clinical Center, Force Health Protection and Readiness, the Navy Environmental Health Center, the U.S. Army Center for Health Promotion and Preventive Medicine, and the OUSD(P&R)/Military Family and Community Policy



the jointly developed "Post-Deployment Health Clinical Practice Guideline" to focus health care on post-deployment problems and concerns of the service members returning from deployments.

Where can one get more information on benefits for RC members?

Check the website: www.tricare.osd.mil/reserve often for current news releases, frequently asked questions, or the latest information about RC benefits and any TRICARE coverage changes. Service contacts or regional service centers can answer many questions and can help resolve problems, such as correcting mistakes in DEERS.

TRICARE Service Centers Regional Telephone Numbers	
North	1-877-874-2273
South	1-800-444-5445
West	1-888-874-9378
Overseas Pacific/Latin America & Canada/ Puerto Rico & Virgin Islands/Europe	1-888-777-8343

Veteran's Affairs Health Care Benefits

Additionally, RC members activated for federal duty can qualify for a number of health care services provided by the Veteran's Affairs (VA).

For more information on VA health care programs, go to the VA website at: http://www1.va.gov/health_benefits/ or <http://www.va.gov/>

What health care benefits are RC members eligible for while on military duty, for more than 30 consecutive days?

When the RC member is on orders for more than 30 consecutive days, his/her family's health and dental care needs are covered under several TRICARE options.

The TRICARE options are:

- TRICARE Standard
- TRICARE Extra
- TRICARE Prime
- TRICARE Prime Remote for Active Duty Family Members
- TRICARE Dental Program (TDP)
- TRICARE Pharmacy Program

Visit the TRICARE website for eligibility criteria and more information about these programs at: <http://www.tricare.osd.mil/reserve>

Dental Care: While activated, RC members become eligible for dental care at military treatment facilities free of charge and are not eligible to participate in the voluntary TRICARE Dental Program (TDP). Family members of activated RC members are eligible for dental care coverage under the TRICARE Dental Program at the same low premiums as active duty family members. When the RC sponsor goes on active duty for more than 30 consecutive days, the family member's share of the premium cost is reduced to 40 percent--the government pays the rest.

What health care benefits are RC members eligible for while on military duty for 30 consecutive days or less?

When on military duty for 30 consecutive days or less, RC members are covered for any injury, illness or disease incurred or aggravated in the line of duty. This includes any injury sustained while members are traveling directly to or from the place where they perform military duty. Additionally, the TRICARE Dental Program (TDP) is also available for purchase to eligible RC members and family members, which is a voluntary dental insurance program with premiums for the Reserve Component. Family members of Reserve Component members, when enrolled in the TRICARE Dental Program, are responsible for the full premium.

Find more information on TRICARE Dental Program at: www.tricare.osd.mil/reserve/dental.cfm

¹ Reserve Component includes: the Army National Guard, the Army Reserve, the Navy Reserve, the Marine Corp Reserve, the Air National Guard, the Air Force Reserve, and the US Coast Guard Reserve.

² For more information on TAMP, please visit: <http://www.tricare.osd.mil/Factsheets/viewfactsheet.cfm?id=317>

³ Find information on TRS premiums & eligibility at: www.tricare.osd.mil/reserve/reserveselect/index.cfm

⁴ To download and/or fill out necessary forms, go to the Guard-Reserve Portal secure website: <https://www.dmdc.osd.mil/app/esgr/index.jsp>

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