

TRICARE UNIVERSITY PROVIDES ONLINE BENEFIT EDUCATION

If you're new to the military and eager to learn about your health care benefits or an old hand who wants to know the latest changes, Tricare University is the place to go. Tricare University offers free online courses 24 hours a day, seven days a week, 365 days a year at www.tricare.mil/tricareu. "The courses can be taken anytime and you can learn at your own pace," said Rear Adm. Christine Hunter, deputy director of the Tricare Management Activity. "It's the simplest way to learn about your Tricare benefit."

Three different online courses are available. Of these, the Tricare Public Course provides the quickest and easiest way to get a general overview and basic knowledge of Tricare programs. There is no registration for this course and it's accessible to anyone who wants to know more about Tricare. The Tricare Fundamentals Course is much more in-depth as it is primarily designed for Tricare benefit counselors and family support staff who provide counseling and assistance to Tricare beneficiaries. Topics covered include Tricare eligibility, Tricare programs and plans, and on-line resources.

Registration is needed to take the course and "graduates" who pass the test at the end of the course receive a certificate from Tricare.

Members of the Selected Reserve who want to know more about Tricare Reserve Select (TRS) can hone their understanding through a Tricare University course devoted to this premium-based health care plan. Newly activated Guard and Reserve members might also find the Tricare public course helpful as it provides a convenient way to learn about their health care benefits while on active duty.

To take one of the offered courses, go to www.tricare.mil/tricareu and click "online training" for a list of options. The Tricare Public Course is also available through a separate tab on the TRICAREU page.