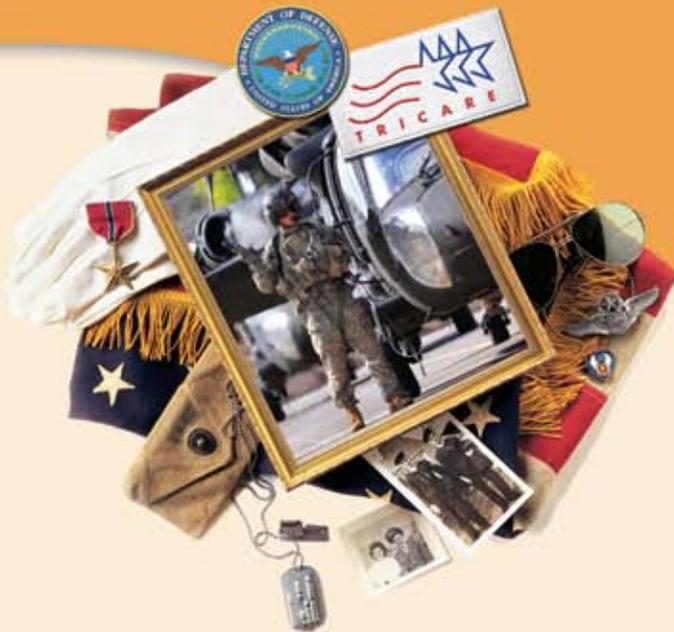


# TRICARE Transitional Assistance Management Program



## TRICARE Transitional Assistance Management Program

This flyer is **not** intended to be all-inclusive. For additional information, please contact your regional contractor, local military treatment facility, or TRICARE Area Office.

The Transitional Assistance Management Program (TAMP) provides 180 days of transitional health care benefits to help certain uniformed services members and their families transition to civilian life. The following provides an overview of TAMP eligibility and coverage.

### Eligibility

You and your eligible family members may be covered for health benefits under TAMP if you, the sponsor, are:

- Involuntarily separating from active duty under honorable conditions
- 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
- Separating from active duty following involuntary retention (*stop-loss*) in support of a contingency operation
- Separating from active duty following a voluntary agreement to stay on active duty for less than one year in support of a contingency operation

You are not eligible for TAMP while on terminal leave. During terminal leave, you continue to receive the active duty service member (ADSM) coverage and your family members remain covered under TRICARE Prime, TRICARE Prime Remote for Active Duty Family Members (TPRADFM), or TRICARE Standard and TRICARE Extra.

If you have a service-connected injury, illness, or disease incurred while on active duty, contact your unit or service branch for eligibility determination or authorizations for follow-up medical or dental care.

There are no enrollment fees for TAMP coverage.

### Coverage

If you qualify, the 180-day TAMP period begins the day after your date of separation from active duty. When you become eligible for TAMP, you and your family members are automatically enrolled under TRICARE Standard and TRICARE Extra. If you reside overseas, you receive the same coverage under TRICARE Overseas Program (TOP) Standard.

During TAMP, you and your family are covered as active duty family members (ADFM) and all rules for that beneficiary category apply to you, including any applicable deductibles, cost-shares, and copayments. For program cost information, visit [www.tricare.mil/costs](http://www.tricare.mil/costs).

### Enrollment in a TRICARE Prime Option

During TAMP, you may also choose to enroll in:

- TRICARE Prime (*where available*)
- TOP Prime (*where available in overseas areas*)

**Note:** TRICARE Prime Remote, TPRADFM, and TRICARE Global Remote Overseas (TGRO) are **not** available during TAMP. If you were enrolled in one of these programs, you will be disenrolled and will be covered by TRICARE Standard and TRICARE Extra or TOP Standard.

If you and your family members were enrolled in TRICARE Prime or TOP Prime while you were on active duty, you must complete a new enrollment form and send it to your regional contractor or TRICARE Area Office (TAO), preferably before you leave active duty, to reenroll for the TAMP period. Your enrollment date will be retroactive to your separation date.



If enrolling for the first time, you must complete the *TRICARE Prime Enrollment Application and PCM Change Form* (DD Form 2876) and send it to your regional contractor or TAO. Applications received **by the 20th of the month** will be effective at the start of the following month (e.g., *an enrollment received on April 20 would be effective May 1*). Applications received after the 20th of the month will be effective the first day of the month following the next month (e.g., *an enrollment received on April 25 would be effective June 1*).

## Dental Coverage During TAMP

During TAMP, dental care provided in military dental treatment facilities is on a space-available basis. However, space-available dental care is very limited. Service members who remain in a Selected Reserve or Individual Ready Reserve status and their families may be eligible for the TRICARE Dental Program (TDP). There is a 12-month service commitment for new TDP enrollments. Service members on terminal leave continue to receive active duty dental benefits until the expiration of the leave period. During this terminal leave period, ADFMs enrolled in the TDP continue to pay ADFM premiums. If interested in enrolling in the TDP, contact the TDP administrator, United Concordia Companies, Inc. See the *For Information and Assistance* section for contact information.

## TAMP and TRICARE Reserve Select (for National Guard and Reserve members and their families)

If you qualify for TRICARE Reserve Select (TRS), you may purchase TRS after your TAMP coverage ends. Your *TRS Request* form (DD Form 2896-1) **must** be postmarked or received by the regional contractor **within 60 days** of the last day of TAMP to maintain continuous TRICARE benefits. You may download the *TRS Request* form from the TRS Web application at <https://www.dmdc.osd.mil/appj/trs/index.jsp>. Contact your regional contractor for more information about TRS. **Note:** Humana Military Healthcare Services, Inc. (Humana Military) administers TRS for beneficiaries residing in overseas areas.

## Continued Health Care Benefit Program (CHCBP)

Once you lose TAMP coverage, you may apply for temporary, transitional health care coverage under CHCBP. Eligible members **must** enroll in CHCBP **within 60 days** of loss of TAMP benefits and pay monthly premiums to receive continuous health care benefits similar to TRICARE Standard. Coverage is limited to either 18 or 36 months in 90-day increments.

The CHCBP is administered by Humana Military. See the *For Information and Assistance* section for contact information.

## For Information and Assistance

<b>TRICARE North Region</b> Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) TRICARE Reserve Select: 1-800-555-2605 <a href="http://www.healthnetfederalservices.com">www.healthnetfederalservices.com</a>	<b>TRICARE South Region</b> Humana Military Healthcare Services, Inc. 1-800-444-5445 National Guard and Reserve: 1-877-298-3408 Warrior Navigation and Assistance Program: 1-888-4GO-WNAP (1-888-446-9627) <a href="http://www.humana-military.com">www.humana-military.com</a>	<b>TRICARE West Region</b> TriWest Healthcare Alliance Corp. 1-888-TRIWEST (1-888-874-9378) <a href="http://www.triwest.com">www.triwest.com</a>
<b>TRICARE Area Office (TAO)—Eurasia-Africa</b> Phone (toll-free): 1-888-777-8343, option 1 Comm.: 011-49-6302-67-6314 DSN: 496-6314 Fax Comm.: 011-49-6302-67-6374 <a href="http://www.tricare.mil/tma/eurasiaafrica">www.tricare.mil/tma/eurasiaafrica</a>	<b>TAO—Pacific</b> Phone (toll-free): 1-888-777-8343, option 4 Comm.: 011-81-6117-43-2036 DSN: 643-2036 Fax Comm.: 011-81-6117-43-2037 <a href="http://www.tricare.mil/pacific">www.tricare.mil/pacific</a>	<b>TAO—Latin America and Canada</b> Phone (toll-free): 1-888-777-8343, option 3 Comm.: 1-706-787-2424 DSN: 773-2424 Fax Comm.: 1-706-787-3024 <a href="http://www.tricare.mil/tlac">www.tricare.mil/tlac</a>
<b>TRICARE Reserve Select</b> <a href="http://www.tricare.mil/reserve/reserveselect">www.tricare.mil/reserve/reserveselect</a> <b>Guard and Reserve Web Portal</b> <a href="http://www.dmdc.osd.mil/appj/trs/index.jsp">www.dmdc.osd.mil/appj/trs/index.jsp</a>	<b>TRICARE Pharmacy Program</b> 1-877-363-1303 Member Choice Center (convert retail prescriptions to mail-order): 1-877-363-1433 <a href="http://www.express-scripts.com/TRICARE">www.express-scripts.com/TRICARE</a>	<b>TRICARE Dental Program</b> 1-800-866-8499 (in the United States) 1-888-418-0466 (overseas, toll-free) 1-717-975-5017 (overseas, not toll-free) <a href="http://www.TRICAREdentalprogram.com">www.TRICAREdentalprogram.com</a>
<b>Defense Enrollment Eligibility Reporting System (DEERS)—Update Information</b> 1-800-538-9552 <a href="http://www.tricare.mil/deers">www.tricare.mil/deers</a>	<b>TRICARE Web Site</b> <a href="http://www.tricare.mil">www.tricare.mil</a>	<b>Military Health System Web Site</b> <a href="http://www.health.mil">www.health.mil</a>

### An Important Note about TRICARE Program Information

At the time of printing, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulation. Changes to TRICARE programs are continually made as public law and/or federal regulation are amended. **Military treatment facility guidelines and policies may be different than those outlined in this product.** For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.

Please provide feedback on this flyer at [www.tricare.mil/evaluations/feedback](http://www.tricare.mil/evaluations/feedback).