

Helpful link - <http://www.vetsfirst.org/military-separation-guide/>

TRICARE and Transitional Health Care

TRICARE is a DoD program that provides in-service and post-service health care to eligible military personnel and their family members. The Transitional Assistance Management Program (TAMP) offers transitional TRICARE coverage to certain separating active duty members and their families members. Health care is available for a limited time. TRICARE eligibility under TAMP is available up to 180 days. There are four categories of eligibility for TAMP:

- Members involuntarily separated from active duty and their eligible family members; •National Guard and Reserve members (collectively known as the Reserve Component [RC]), separated from active duty after being called up or ordered in support of a contingency operation for an active duty period of more than 30 days. Family members are also eligible.
- Members separated from active duty after being involuntarily retained in support of a contingency operation, as well as their family members; and
- Members separated from active duty following a voluntary agreement to stay on active duty for less than one year in support of a contingency mission, as well as their family members .Active duty sponsors and family members enrolled in TRICARE Prime who desire to continue their enrollment upon the sponsoring service member's separation from active duty status are required to re-enroll. To re-enroll, the sponsor or family member must complete and submit a TRICARE Prime enrollment application. You should contact your servicing personnel center prior to separating to see if you are TAMP eligible.

Please note: Transitional health care does not apply to retirees.

After the 180-day period for transitional health care has expired, you and your family are no longer eligible to use military treatment facilities or TRICARE. However, you may purchase extended health care coverage, known as the Continued Health Care Benefit Program (CHCBP). You have 60 days after your initial transitional health care ends to enroll in CHCBP. If you enroll, you and your family members will be issued identification cards that will allow you to use military treatment www.tricare.osd.mil.

If, however, you separate voluntarily, you and your family are not eligible to use military treatment facilities or TRICARE. Nevertheless, you may purchase extended transitional health care coverage (CHCBP) for up to 18 months of coverage. You have 60 days after separation to enroll in CHCBP, and, if you do, your coverage will begin on the day after your separation.

Continued Health Care Benefit Program (CHCBP)

Following the loss of eligibility for military medical benefits, you or a family member may apply for temporary, transitional medical coverage under the CHCBP. The CHCBP is a premium-based health care program that provides medical coverage to a select group of former military beneficiaries. CHCBP is similar to, but not part of, TRICARE. The CHCBP program extends health care coverage to the following individuals when they lose military benefits:

- The service member (who can also enroll his or her family members);
- Certain former spouses who have not remarried; and
- Certain children who lose military coverage.

Humana Military Healthcare Services, Inc. administers the CHCBP for the DoD. You should contact Humana Military Healthcare Services, Inc., in writing or by phone for information regarding CHCBP. You

may also write to Humana at Humana Military Healthcare Services, Inc., Attn: CHCBP, P.O. Box 740072, Louisville, KY 40201, or call 1-800-444-5445.

A copy of the CHCBP enrollment application can also be found on the web at www.humanamilitary.com/chcbp/pdf/dd2837.pdf, www.tricare.mil and www.humana-military.com.

Remember, if you separate voluntarily, you and your family are not eligible to use military treatment facilities or TRICARE. However, you are eligible to purchase extended transitional health care coverage (CHCBP) for up to 18 months of coverage. You have 60 days after separation to enroll in CHCBP. Your coverage will start the day after your separation.

<http://www.vetsfirst.org/military-separation-guide/>