

TRICARE RESERVE SELECT - Enroll

Qualified members must enroll themselves and their family online through the [National Guard and Reserve Web Portal](https://www.dmdc.osd.mil/appj/trs/) (<https://www.dmdc.osd.mil/appj/trs/>) Download a purchase application, referred to as the Reserve Component TRICARE Purchase Application (RCPTA, DD Form 2896-1) from the Web Portal under the "TRICARE Reserve Select" link and submit the completed form along with the first two month's premiums (starting October 1, 2012) to TriWest Healthcare Alliance.

- **Step 1:** Log on to the [National Guard and Reserve Web Portal](https://www.dmdc.osd.mil/appj/trs/) (<https://www.dmdc.osd.mil/appj/trs/>) using your Common Access Card (CAC), DS Logon or DFAS myPay PIN. There are instructions available on the portal if you need to set up one of these accounts.
Note: The Guard and Reserve Web Portal is maintained by the Defense Manpower and Data Center Support Office. Generally, only the sponsor has access to the portal.
- **Step 2:** Go to "Member Info" to verify eligibility, which is determined by the Service branch. In order for family members to be eligible for coverage, they must first be enrolled in the [Defense Enrollment Eligibility Reporting System](#) (DEERS).
- **Step 3:** Select "Purchase Coverage" and choose either the individual (Member Only) or family (Member-and-Family) coverage. The monthly premium amount will depend on which coverage choice is selected.
- **Step 4:** Verify your FEHBP status.
- **Step 5:** Choose the coverage start date.
- **Step 6:** Enter personal contact information. Your TRS enrollment information must exactly match your contact information listed in DEERS.
- **Step 7:** Choose which family members, if any, will be covered under your TRS enrollment. This is also where you make any changes after a life changing event.
- **Step 8:** Print the form. Before exiting the National Guard and Reserve Web Portal, you **MUST** print the RCTPA DD Form 2896-1 and submit it to TriWest with payment to complete the enrollment. Submit 2 months of premiums with the enrollment request.
- **Step 9:** Submit the enrollment form. Sign it and mail it to TriWest:
TriWest Healthcare Alliance
PO Box 42048
Phoenix, AZ 85080-2048
FAX: 1-866-441-8843

Effective Dates of Coverage

Normally, the effective date when coverage begins depends on when the regional contractor receives the TRS Request Form. If the form and premium payment are received (or postmarked) by the last day of the month, then the effective date of TRS coverage is either:

- The first day of the next month, or
- The first day of the month after that, as indicated on the TRS/TRR Request Form.

For example, if the member's TRS Request Form is postmarked in July, the member may select coverage to begin on the first day of the next month (August), or the member may opt for coverage to begin the first day of the second month (September).

There are two main exceptions to this rule:

1. TRS coverage can have an effective date of coverage immediately following the termination of another TRICARE health plan (such as the end of coverage under the Transitional Assistance Management Program), as long as the TRS Request Form is postmarked no later than 30 days after the end of the other TRICARE coverage.
2. If a member changes type of coverage due to a qualifying life event (a newborn, marriage, etc.), the new coverage will be effective on the date the qualifying life event occurred, as long as the regional contractor receives the updated TRS Request Form within 60 days of the qualifying life event.

TRICARE Reserve Select

TRICARE Reserve Select (TRS) is a premium- based health plan that offers health insurance to all Service Members of the National Guard and Reserve.

REQUIREMENT:

Service Member MUST actively report to drill to be eligible.

EXCLUSION:

If you are eligible or enrolled in the Federal Employee's Health Benefits (FEHB) program – (this does include our military Technician force) you are NOT ELIGIBLE for TRS coverage.

TRICARE Reserve Select is a Comprehensive Coverage:

Emergency and Urgent Care	Immunizations & Health Screening
Maternity Care	Behavioral Health Care
Eye Exams	Prescription coverage

2013 TRS Premiums (premiums are subject to change annually)

Service Member only coverage is **\$51.62** a month

Service Member and Family coverage is **\$195.81** a month

Annual Deductible (1 Oct – 30 Sep)

Sponsor Rank E4 and Below:	Sponsor Rank E5 and above:
SM only \$50.00	\$150.00
SM / Fam \$100.00	\$300.00

Outpatient Cost – Your Share after the deductible is met.

(for a list of providers in your area access www.triwest.com)

15% Network Provider

20% Participating provider

Catastrophic Cap – Maximum amount you pay each year (1 Oct – 30 Sep)

\$1000.00 per family

*Once enrolled it is necessary to update changes (new babies, marriage, and divorce) DEERS update alone will not add family members to the coverage.

*Once enrolled if you wish to dis-enroll you MUST complete the disenrollment form.

Updates / disenrollment forms are available on the Guard-Reserve Portal.

For additional information, TRIWEST has wonderful presentations online at www.triwest.com, see the "Guard and Reserve" section or 1.888.TRIWEST.