

Moving with TRICARE Made Easy

If making a permanent change of station move within the United States, there are several things to consider that can help eliminate gaps in your TRICARE coverage.

Check Your Family's TRICARE Status in DEERS

It is essential that you keep information in the Defense Enrollment Eligibility Reporting System (DEERS) current for you and your family at all times. Call **1-800-538-9552** before you move to ensure that your family's information is up to date. This will prevent problems if you or your family members need care before reaching your new destination.

Plan Ahead

Give yourself plenty of time to fill prescriptions and schedule routine physicals, well-child care and immunizations before you leave. This is important if you or a covered family member is pregnant, has a chronic condition, is undergoing physical therapy or is under the care of a specialist. If you are taking medication for a long-term condition, such as high blood pressure, diabetes or asthma, you should make sure you have enough medication to last through your move. Discuss ongoing health care needs with your current primary care manager (PCM) or specialist to ensure the care you require is available at your next duty station. Have your military treatment facility's (MTF's) or civilian PCM's telephone number available in case you need a referral for health care services while you're on the road. If you receive nonemergency treatment while traveling and you do not have a referral, you will use the TRICARE point-of-service option, which has higher out-of-pocket costs.

Don't Forget Your Medical Records

Ask your civilian PCM and dentist for copies of your medical and dental records before moving. You may be charged an administrative fee for copies of your records. Having your records will help your new health care providers understand your health history and better coordinate your care.

Research Your Options

Determine which TRICARE options—TRICARE Prime, TRICARE Prime Remote (TPR), TRICARE Prime Remote for Active Duty Family Members (TPRADFM) or TRICARE Standard and TRICARE Extra—are available for you and your family in your new location. Active duty service members will need to enroll in TRICARE Prime or TPR at the new location. If you have a family member with special needs, coordinate with your service's Exceptional Family Member Program office so his or her needs will continue to be met.

Transfer Enrollment upon Arrival

Do not disenroll from your current TRICARE Prime program before you arrive at your next duty station. Your current MTF, PCM or primary care provider will coordinate your care until you arrive at your new duty station. Once there, update your DEERS information with your new address. Then, submit a completed *TRICARE Prime Enrollment Application and PCM Change Form (DD Form 2876)* to your regional contractor to transfer your TRICARE Prime or TPR enrollment. Your regional contractor will change if you move to a new TRICARE region. The DD Form 2876 can be found at: <https://www.tricareonline.com>, and click "Enrollment" link.

Your family members will also need to transfer enrollment, if TRICARE Prime or TPRADFM is available. If these TRICARE Prime options are not available, you will need to terminate your family's TRICARE Prime enrollment voluntarily by submitting a completed *TRICARE Prime Disenrollment Application form (DD Form 2877)* to your regional contractor. Your family members will be covered under TRICARE Standard and TRICARE Extra once they have disenrolled from TRICARE Prime.