

## **Section A-3 Health Care – TRICARE Briefing**

The contents of this Toolkit have been developed to assist you in your efforts to support family readiness. Every effort has been made to ensure that the information provided is current and accurate. However, because statutory and regulatory changes may have occurred since the publication of this Toolkit, the Office of the Assistant Secretary of Defense for Reserve Affairs cannot assume responsibility for its continued accuracy. Before taking any significant action based on the contents of this Toolkit, you should contact a subject matter expert in your chain of command to secure the most current information.

## **Health Care – TRICARE Briefing**

Health care is a concern shared by all Americans. The availability and cost of health care is often a major factor in employment decisions. For many members of the Guard and Reserve, health care is available through group plans offered by their employer. However, during times of mobilization or deployment, those benefits may lapse. Members and their families are concerned about the continuity of their health care. Their concerns may have a serious impact on unit retention and family morale. Since health care can be very expensive, adequate health care is an important element of family readiness planning.

TRICARE offers members and their families' affordable health care when they need it the most. As valuable as TRICARE may be, its full value cannot be realized unless members and their families fully understand TRICARE and appreciate its value as a safety net during times of deployment and mobilization. An important part of your role as a commander is to ensure that your members and their families have the information they need to plan for any contingency. The briefing slides contained in this portion of the toolkit can help you to provide that information. You should include TRICARE as part of your unit orientation for new members and offer the briefing to family members during family oriented activities. The best source of information on current health care benefits is a representative from a military treatment facility or the Beneficiary Counseling and Assistance Coordinator from your regional TRICARE office. You should also involve representatives from your personnel chain of command. Finally, you should augment this briefing by using your newsletter and other information channels to inform everyone of the availability of Internet sources of information about TRICARE, including:

- [www.tricare.osd.mil](http://www.tricare.osd.mil) for information about TRICARE
- [www.ucci.com](http://www.ucci.com) for information about the TRICARE Dental program

The TRICARE briefing slides are keyed to instructor notes. Those notes represent the recommended narrative for presenters and are provided on the following pages.

Health Benefits for Reserve Component Members and their Families