



Hangar Flying Newsletter

A Publication of the JBLM McChord Field Retiree Activities Office for Air Force Retirees, their spouses and survivors. Department of the Air Force, 100 Joe Jackson Blvd, Customer Service Mall Rm 1001, JBLM McChord Field WA 98438-1114; Phone (253) 982-3214 (Voice Mail 24 hours a day) Fax 253-982-5234. Email – retaffairs@us.af.mil Web Site www.mcchordrao.com Retiree Activities Office: Open 0900-1200 Monday - Friday

Federal Benefits Open Season Dental and Vision

Eligible TRICARE beneficiaries may purchase dental and vision coverage through FEDVIP during the [Federal Benefits Open Season](#). If you're already enrolled in a FEDVIP dental or vision plan and you don't want to make a change, your enrollment will continue in 2020. If you wish to make changes to your existing plan, you must do so during open season.

You may choose between multiple vision and dental plans and carriers. Compare 2020 plans and rates using the [FEDVIP plan comparison tool](#). Open Season runs from 11 November to 9 December 2019 for 2020 coverage.

FEDVIP dental and vision coverage is available to:

- Retired service members and their eligible family members
- Retired National Guard and Reserve members and their eligible family members
- Certain survivors
- Medal of Honor recipients and their immediate family members and survivors
- FEDVIP vision coverage is available to:
- Active duty family members
- National Guard and Reserve members and their eligible family members enrolled in [TRS](#) or [TRR](#)
- Retired service members and their eligible family members
- [TFL](#) beneficiaries
- To enroll in a FEDVIP vision plan, you must be enrolled in a TRICARE health plan or have TFL coverage. (Source: Tricare.mil)

VA improves information sharing with community care providers

The U.S. Department of Veterans Affairs (VA) will implement new procedures by January 2020, for sharing medical information for Veterans accessing health care in the community. The department is changing its procedures for electronic health information sharing in accordance with Section 132 of the VA Maintaining Internal Systems and Strengthening Integrated Outside Networks Act of 2018 (MISSION Act).

“The MISSION Act gives Veterans greater access to care, whether at VA facilities or in the community,” said VA Secretary Robert Wilkie. “We are providing seamless access to care, improving efficiency and helping to ensure Veterans get the care they need, where and when they need it.”

The change moves VA from an ‘opt-in’ to an ‘opt-out’ model of electronic health information sharing. Veterans will no longer be required to provide signed, written authorization for VA to release electronic health information to community providers for the purposes of receiving medical treatment. VA shares health information with community providers using a secure and safe electronic system called the Veterans Health Information Exchange. This electronic exchange of information improves patient safety — particularly during emergency situations — and allows for improved care coordination for Veterans receiving care in the community.

Veterans who do not want their health information shared electronically can opt out by submitting VA Form 10-10164 (opt out of sharing) to the Release of Information Office at the nearest VA medical center now or at any time going forward. Veterans who previously opted out on VA Form 10-0484 prior to Sept. 30, do not need to submit new forms. However, Veterans who restricted what information VA shared by submitting VA Form 10-0525 (restriction request) will need to opt out entirely by submitting Form 10-10164.

VA is committed to protecting Veteran privacy. Only community health care providers and organizations that have partnership agreements with VA and are part of VA's approved, trusted network may receive VA health information. For information about VA's health information exchange visit www.va.gov/vler. (Source: VA News Release)

MISSION Act Strengthens VA Care

The MISSION Act gives Veterans greater access to health care in VA facilities and the community, expands benefits for caregivers, and improves VA's ability to recruit and retain the best medical providers.

Expanding Benefits for Caregivers

As part of the VA MISSION Act, VA is working to give more family caregiver's access to the **Program of Comprehensive Assistance for Family Caregivers** so VA can support them as they care for Veterans of all eras. Currently, this program is only available to eligible Veterans injured in the line of duty on or after September 11, 2001. VA is currently not accepting applications for Veterans of other eras. Beginning in the summer of 2020, or once the Secretary has certified that VA's new caregiver information technology system is fully implemented, we will be expanding eligibility for our **Program of Comprehensive Assistance for Family Caregivers**. Once the system is certified, VA will begin accepting applications in 2 phases:

1. First, family caregivers of Veterans who were seriously injured in the line of duty on

or before May 7, 1975, will become eligible for this program.

2. After 2 years, family caregivers of Veterans who were seriously injured in the line of duty between May 7, 1975, and September 10, 2001, will become eligible.

[View the latest Press Release](#) (Source: VA Press Release)

Free flu shots, for Veterans Enrolled with VA Medical, at your local

Walgreens: VA and Walgreens are national partners, providing no-cost flu shots to enrolled Veterans of the VA health care system. Now through March 31, 2020, enrolled Veteran patients nationwide have the option of getting their flu shot at any of Walgreens' 9,600 locations, in addition to their local VA health care facilities.

How do I get my flu shot for free at Walgreens? No appointment is required. Simply go to any Walgreens, tell the pharmacist you receive care at a VA facility, and show your Veterans Health Identification Card and another form of photo ID. (Patients will also be asked to complete a vaccine consent form at the time of service.) Walgreens has the capability to electronically send vaccination information to the VA and your immunization record will be updated in your VA electronic health record.

The VA-Walgreens national partnership is part of VA's eHealth Exchange project. This national program ensures that many Veterans get their no-cost flu shot at their local Walgreens, satisfying their wellness reminder because they either found it more convenient or did not have a scheduled appointment at a local VA health care facility.

Can I get my flu shot at no cost at the VA? Yes! If you are enrolled with VA you may receive a no-cost flu shot during any scheduled VA appointment or at one of the convenient walk-in flu stations. For more information on locations and hours contact your [local VA health care facility](#).

Need to apply for VA health care?

Visit: <https://www.va.gov/health-care/how-to-apply/>. (Source: VA News Release)

Don't share your Medicare Number with anyone offering a free genetic test.

Medicare.gov

https://www.medicare.gov?utm_campaign=20190904_gmd_frd_gal&utm_content=english&utm_medium=email&utm_source=govdelivery Avoid this genetic testing scam.

Have you heard about the latest scam? Scammers are offering free genetic tests and claiming Medicare will cover it so they can get your Medicare Number and use it to commit fraud and identity theft. They're targeting people through telemarketing calls, health fairs, and even knocking on doors.

Only a doctor you know and trust should order and approve any requests for genetic testing. If Medicare is billed for a test or screening that wasn't medically necessary and/or wasn't ordered by your doctor, the claim could be denied. That means you could be responsible for the entire cost of the test, which could be thousands of dollars.

Learn More https://oig.hhs.gov/fraud/consumer-alerts/alerts/geneticscam.asp?utm_campaign=20190904_gmd_frd_gal&utm_content=english&utm_medium=email&utm_source=govdelivery

Here's how to protect yourself: Don't share your Medicare Number, Social Security Number, or other personal information with anyone who offers to give you a "free" in-person genetic screening or cheek swab, or a DNA testing kit in the mail. If you get a genetic testing kit in the mail, refuse the delivery or return to sender unless your doctor ordered it. If you suspect Medicare fraud, call 1-800-MEDICARE. (Source: Medicare.com)

Medicare What's Covered App

Download the What's covered app to get Medicare info on-the-go. What's covered makes it easy to see what items and services are covered by Medicare Part A and/or Part B, how to get covered benefits, and basic cost information. Use the app at the doctor's office, hospital, or anywhere you use your phone or tablet!

Now's a great time to download Medicare's What's covered app available for free on the App Store https://apps.apple.com/us/app/whats-covered/id1444143600?mt=8?utm_campaign=20190829_emd_wca_gal&utm_content=english&utm_medium=email&utm_source=govdelivery

and Google Play

https://play.google.com/store/apps/details?id=gov.medicare.coverage&referrer=utm_campaign=20190829_emd_wca_gal&utm_content=english&utm_medium=email&utm_source=govdelivery

Medicare dot gov

https://www.medicare.gov/?utm_campaign=20190829_emd_wca_gal&utm_content=english&utm_medium=email&utm_source=govdelivery (Source Medicare.gov)

Help fight Medicare fraud Con artists may try to get your Medicare Number or personal information so they can steal your identity and commit Medicare fraud. Medicare fraud results in higher health care costs and taxes for everyone.

Protect yourself from Medicare fraud. Guard your Medicare card like it's a credit card.

Remember:

- Medicare will never contact you for your Medicare Number or other personal information unless you've given them permission in advance.
- Medicare will never call you to sell you anything.
- You may get calls from people promising you things if you give them a Medicare Number. Don't do it.
- Medicare will never visit you at your home.
- Medicare can't enroll you over the phone unless you called first.

[Learn more tips to help prevent Medicare fraud.](#)

Check regularly for Medicare billing fraud. Review your Medicare claims and Medicare Summary Notices for any services billed to your

Medicare Number you don't recognize. [Learn more about how to spot fraud.](#)

Report anything suspicious to Medicare. If you suspect fraud, call 1-800-MEDICARE. [Learn how to report fraud.](#) (Source: Medicare.gov)

Using TRICARE For Life with Other Health Insurance

If you have other health insurance, Health insurance you have in addition to TRICARE, such as Medicare or an employer-sponsored health insurance. TRICARE supplements don't qualify as "other health insurance." such as a Medicare supplement or an employer-sponsored health plan, you can use TRICARE For Life as long as you have both Medicare Parts A and B.

- TRICARE pays last after Medicare and your other health insurance
- Visit the [Medicare website](#) to see which plan—Medicare or your other health insurance—pays first
- After your other health insurance processes the claim, you will have to file a paper claim with the TRICARE For Life contractor, Wisconsin Physicians Service (WPS).
- WPS will process the claim and pay TRICARE's portion of the claim directly to you.
- Send your [paper claims](#) to WPS along with a copy of:
 - your provider's itemized bill,
 - the Medicare Summary Notice, and
 - the explanation of benefits from all other health insurances.

Your claim must be filed within one year from the date of care. For more information, visit the [WPS website](#).

Your Contacts

Customer Service

In the U.S. and U.S. Territories, contact WPS-Military and Veterans Health:
1-866-773-0404 (TDD 1-866-773-0405)

In all other overseas areas, call [International SOS](#)

www.tricare4u.com

Using TRICARE For Life at Veterans Affairs Facilities

Veterans Affairs (VA) facilities aren't Medicare-authorized providers, even if they're in the TRICARE network.

Medicare can't pay for care at a government facility.

- If you use TRICARE For Life for a non-service-connected condition at a VA facility, the VA can't bill Medicare.
- When you get care from a non-Medicare provider (such as the VA) TRICARE can pay only up to 20% of the TRICARE allowable charge. The maximum amount TRICARE pays for each procedure or service. This is tied by law to Medicare's allowable charges...
- You will have to pay the remaining amount after TRICARE pays its 20% of the TRICARE allowable charge.

TRICARE and the VA recommend that you get care for your service-connected disability at a VA facility. For all of your other care, consider all of your options, including using a Medicare-certified provider. When using Medicare providers, you typically have no out-of-pocket costs for services covered by both Medicare and TRICARE.

Talk to your VA facility about your VA options, including how VA claims are processed if you are entitled to Medicare or have other health insurance. Health insurance you have in addition to TRICARE, such as Medicare or an employer-sponsored health insurance. TRICARE supplements don't qualify as "other health insurance." (Source; tricare4u.com)

TRICARE Pharmacy Copayments to Increase Starting Jan. 1, 2020

On Jan. 1, some copayments for your prescription drugs will increase. If you get your prescriptions through the [TRICARE Pharmacy Home Delivery](#) or at a [retail network pharmacy](#), you'll pay anywhere from \$2 to \$7 more starting Jan. 1. Congress made this change in the National Defense Authorization Act for Fiscal Year October 1 - September 30 2018. There's still no cost to fill your prescriptions at [military pharmacies](#). And these cost changes don't apply to active duty service members

(ADSMs). If you're an ADSM, you still pay nothing for your covered drugs at military and network pharmacies. (Source: Tricare Communications)

The USDA Maintains a Comprehensive Collection of Agent Orange Related Information

The collection is titled the **Alvin L. Young Collection on Agent Orange**. The collection is a great source for anyone researching Agent Orange. It contains newspaper articles, VA and civilian medical studies, as well as scientific and technical articles. Website address is:

<https://specialcollections.nal.usda.gov/guide-collections> type Agent Orange in the search box and hit enter. (Source: USDA)

New VA Newsletter; MILITARY EXPOSURES & YOUR HEALTH

Information for veterans who served during the Gulf War Era (1990 and present) and their families.

Look for the newsletter online at <https://www.publichealth.va.gov/exposures/publications/index.asp> . You can receive emails notifying you of when this newsletter is available by subscribing to updates at <https://public.govdelivery.com/accounts/USVA/subscriber/new/> (Source: VA)

Volunteers Welcomed!!! Volunteering is a rewarding experience. There are many programs and activities within the military community that could not exist if it were not for the many volunteers doing the work to make things happen.

Be a Volunteer at the McChord RAO, if you have been looking for a rewarding way to stay involved in the JBLM Lewis/McChord Military Retiree community, then volunteering may be the answer for you. Here at the McChord Retiree Activities Office, you can easily join our staff of volunteers.

Hands on training will be provided and you will be working with a great team of volunteers who are military retirees and spouses. They provide their time, skills, talents and wisdom towards helping the retired military community. For more information you can contact us at 253-982-3214, our office hours are 9 a.m. to noon Monday thru Friday closed on federal holidays.

Additionally there are many other opportunities for volunteers, if you are a retired aircraft mechanic the McChord Heritage Museum can use your help restoring and maintain the museum's heritage aircraft collection, contact Mr. Ray Jordon at 253-982-2485. The USO, the Red Cross, the base clinic and the American Lake VA Hospital are also in need volunteers.

BLM McCHORD FIELD

RETIREE ACTIVITIES



OFFICE

Hangar Flying

Newsletter

Subscription Form

Please ***print*** all information clearly

NAME:

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| Last | First |
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Email:

Please print the address as it appears on your email header. If you use **SPAM BLOCKERS** add us to your email address book. Please leave this completed form with the RAO volunteer on duty or you may mail it to 100 Joe Jackson Blvd, RAO, Customer Service Mall, Room 1001 JBLM McChord Field WA 98438

HELPFUL LINKS

To find your state representative:

<http://www.house.gov/representatives/>

To find your state senators:

<http://www.senate.gov>

To find the VA:

<http://www.va.gov>

To find DFAS:

<http://www.dfas.mil>

To find Tricare:

<http://www.tricare.mil>

To schedule appointment to renew ID Card

<https://rapids-appointments.dmdc.osd.mil>

Link to Retiree Publications

Army Echoes:

<http://soldierforlife.army.mil/retirement>

Navy Shift Colors:

www.shiftcolors.navy.mil

Air Force Afterburner:

www.retirees.af.mil/afterburner

Marine Corps Semper Fidelis:

www.usmc-mccs.org

Coast Guard Evening Colors:

<http://www.uscg.mil/hq/cg1/psc/ras>

List of businesses who give military discounts

[http://www.rather-be-](http://www.rather-be-shopping.com/blog/2014/05/29/veteran-military-discounts/)

[shopping.com/blog/2014/05/29/veteran-military-discounts/](http://www.rather-be-shopping.com/blog/2014/05/29/veteran-military-discounts/)

VA benefits book available

The Federal Benefits for Veterans, Dependents & Survivors handbook is available – with 18 pages of new information. The book can be found at

http://www.va.gov/opa/publications/benefits_book/2014_Federal_Benefits_for_Veterans_English.pdf.

Veterans Crisis Hotline

1-800-273-8255 press 1

EDITOR'S NOTE:

Thank you for your support of the Hangar Flyer newsletter. If you have questions about anything pertaining to military retiree benefits and services, email us at: retaffairs@us.af.mil or call us at the RAO. Hours are 9 to 12 Monday through Friday. After 12 please leave a message and we will call you back. The phone number is 253-982-3214