



## Why consider enrolling in TRICARE?

TRICARE is the Department of Defense's choice health insurance program connecting civilian healthcare providers with Active Duty, National Guard and Reserve members, retirees and their Families worldwide

**If you are a traditional Guardsman or "M-day" Soldier, consider enrolling in TRICARE Reserve Select because:**

- TRICARE Reserve Select has no enrollment fee.
- The monthly premium is only \$51.62 per month/individual and \$195.81 per family.
- Pharmacy co-pays are extremely reasonable.
- TRICARE provides you and your family health insurance during changes in military status.

Note: You must submit an initial two-month premium payment with your completed form to begin coverage. After the initial premium payment, premium payments are only accepted by automatic payment via electronic funds transfer (EFT) or recurring debit/credit card (Visa/MasterCard). Your regional contractor will automatically process your premium payments on the first business day of the month for the current month of coverage.

**What to do if your current healthcare provider does not participate in TRICARE:**

- Invite them to join the network of patriotic Ohio healthcare providers who treat the more than 155,500 Ohio Service Member and Family beneficiaries who sacrifice to protect our freedoms.
- Inform them that they can provide services as a contracted network or as a "participating" non-contract provider, that reimbursement mirrors Medicare and clean claims are usually paid within 5.4 days.
- Let them know that the need for TRICARE healthcare providers is particularly strong in the rural areas of Ohio.
- Encourage your healthcare provider to visit TRICARE.mil or call 877-TRICARE for additional information.
- To obtain copies of the TRICARE handout to provide to your healthcare provider, please contact the Ohio National Guard Community Outreach office at (614) 336-4135 or at [ong.outreach@ng.army.mil](mailto:ong.outreach@ng.army.mil).

**Enroll in TRICARE Reserve Select at [www.dmdc.osd.mil/appj/trs/index.jsp](http://www.dmdc.osd.mil/appj/trs/index.jsp)**