



# TRICARE® and Cognitive Rehabilitation Therapy

Information for Providers and Beneficiaries

TRICARE incorporates cognitive rehabilitation services into rehabilitation benefits

When people talk about “cognitive rehabilitation therapy,” they are actually not talking about one therapy—they are talking about a collection of rehabilitation techniques that may be used to help improve an individual’s ability to function after a brain injury, including traumatic brain injury (TBI). In other words, it is not a single therapy.

TRICARE-covered cognitive rehabilitation services may be ordered by a physician as part of a comprehensive individual rehabilitation plan, including physical therapy, occupational therapy, and speech-language pathology services, provided to beneficiaries with TBI. TRICARE covers rehabilitative services provided by TRICARE-authorized physicians, psychologists, physical therapists, occupational therapists, and speech-language pathologists.

## HOW ARE REHABILITATIVE SERVICES COVERED FOR SERVICE MEMBERS ON ACTIVE DUTY?

Service members on active duty (*greater than 30 days*) have full TRICARE benefits with no out-of-pocket costs. Covered services may be available for active duty service members with prior authorization from a military treatment facility (MTF), the Military Medical Support Office (MMSO) (*remote locations*), or TRICARE Area Offices (*overseas*). To learn more about the MMSO, visit [www.tricare.mil/mmso](http://www.tricare.mil/mmso) or call **1-888-MHS-MMSO**.

## HOW ARE REHABILITATIVE SERVICES COVERED FOR RETIRED SERVICE MEMBERS?

Retired service members have the full comprehensive TRICARE retiree benefit. Services may be available from MTFs or covered under TRICARE from civilian providers and facilities. Retirees are also veterans and may find services through the Department of Veterans Affairs. For more information on the Department of Veterans Affairs, visit [www.va.gov](http://www.va.gov).

## WHAT MAY NOT BE COVERED BY TRICARE?

TRICARE covers medical treatments that are proven safe and effective. Some cognitive rehabilitation services have not been fully proven as effective stand-alone therapy for TBI. An example of a therapy that is currently not covered is hippotherapy (*also known as equine therapy*). Some cognitive rehabilitation services may be individually covered based on both medical-necessity determination and prior authorization.

## HOW ARE REHABILITATIVE SERVICES REIMBURSED BY TRICARE?

TRICARE-authorized providers who provide medically necessary and appropriate cognitive rehabilitation services as an element of their professional comprehensive treatment regimen for individuals with TBI are reimbursed using the TRICARE maximum-allowable charge methodology. For example, an occupational therapist may use training for memory or attention deficits as part of occupational therapy. The occupational therapy services would be covered by TRICARE.




This fact sheet is **not** all-inclusive. For additional information, please visit [www.tricare.mil](http://www.tricare.mil).

Providers can find more information on reimbursement rates for individually billable services at [www.tricare.mil/tma/rates.aspx](http://www.tricare.mil/tma/rates.aspx) or by contacting a TRICARE regional contractor.

## FOR MORE INFORMATION

For additional information on cognitive rehabilitation services, visit [www.health.mil/crt](http://www.health.mil/crt).

## FOR INFORMATION AND ASSISTANCE

<p> <b>TRICARE North Region</b> Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) <a href="http://www.hnfs.com">www.hnfs.com</a></p>	<p> <b>TRICARE South Region</b> Humana Military Healthcare Services, Inc. 1-800-444-5445 <a href="http://www.humana-military.com">www.humana-military.com</a></p>	<p> <b>TRICARE West Region</b> TriWest Healthcare Alliance 1-888-TRIWEST (1-888-874-9378) <a href="http://www.triwest.com">www.triwest.com</a></p>
<p><b>TRICARE Overseas Program (TOP) Regional Call Center—Eurasia-Africa<sup>1</sup></b> +44-20-8762-8384 (overseas) 1-877-678-1207 (stateside) <a href="mailto:tricarelon@internationalsos.com">tricarelon@internationalsos.com</a></p>	<p><b>TOP Regional Call Center—Latin America and Canada<sup>1</sup></b> +1-215-942-8393 (overseas) 1-877-451-8659 (stateside) <a href="mailto:tricarephl@internationalsos.com">tricarephl@internationalsos.com</a></p>	<p><b>TOP Regional Call Centers—Pacific<sup>1</sup></b> Singapore: +65-6339-2676 (overseas) 1-877-678-1208 (stateside) <a href="mailto:sin.tricare@internationalsos.com">sin.tricare@internationalsos.com</a> Sydney: +61-2-9273-2710 (overseas) 1-877-678-1209 (stateside) <a href="mailto:sydricare@internationalsos.com">sydricare@internationalsos.com</a></p>

1. For toll-free contact information, visit [www.tricare-overseas.com](http://www.tricare-overseas.com).

### **An Important Note about TRICARE Program Information**

At the time of printing, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. **Military treatment facility guidelines and policies may be different than those outlined in this product.** For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.

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