



Extended Care Health Option

ECHO provides services for active duty family members with special needs

The TRICARE® Extended Care Health Option (ECHO) provides services to active duty family members (ADFM)s who qualify based on specific mental or physical disabilities. ECHO offers beneficiaries integrated services and supplies beyond those offered by the basic TRICARE health benefit programs.

Active duty sponsors with family members seeking ECHO registration must enroll in their service's Exceptional Family Member Program (EFMP) (*unless waived in specific situations*) and register for ECHO with their regional contractors in order to be eligible for ECHO benefits. There is no retroactive registration for the ECHO program. Prior authorization must be obtained from the regional contractor for all ECHO services. For more information about EFMP, contact your service branch's EFMP representative or visit www.militaryhomefront.dod.mil/tf/efmp.

ECHO ELIGIBILITY

ECHO benefits are available to the following dependents with a qualifying condition:

- TRICARE-eligible ADFMs, including family members of the National Guard and Reserve activated for more than 30 days
- Family members eligible for continued TRICARE medical benefits through the Transitional Assistance Management Program
- Children or spouses of former members of the uniformed services who were victims of physical or emotional abuse
- Family members of a deceased active duty sponsor (*during the period they are in transitional survivor status*)

Conditions to qualify for ECHO coverage may include, but are not limited to:

- Moderate or severe mental retardation
- Serious physical disability
- Extraordinary physical or psychological condition of such complexity that the beneficiary is homebound

- Diagnosis of a neuromuscular developmental condition or other condition in an infant or toddler (*under age 3*) that is expected to precede a diagnosis of moderate or severe mental retardation or a serious physical disability
- Multiple disabilities, which may qualify if there are two or more disabilities affecting separate body systems

Children may remain eligible for ECHO benefits beyond the usual TRICARE eligibility age limit (*age 21 or age 23 if enrolled in a full-time course of study at an approved institution of higher learning and if the sponsor provides over 50 percent of the financial support*) provided **all** of the following are true:

- The sponsor remains on active duty
- The child is incapable of self-support because of a mental or physical incapacity that occurs prior to the loss of their eligibility
- The sponsor is responsible for over 50 percent of the child's financial support

ECHO BENEFITS

ECHO provides coverage for the following products and services:

- Applied behavior analysis (ABA)* (*includes the Department of Defense Enhanced Access to Autism Services Demonstration*) and other services that are not available through schools or other local community resources
- Assistive services (*e.g., those from a qualified interpreter or translator*)
- Durable equipment, including adaptation and maintenance equipment
- Expanded in-home medical services through TRICARE ECHO Home Health Care (EHHHC) (*limited to the 50 United States, the District of Columbia, Guam, Puerto Rico, and the U.S. Virgin Islands*)

* ABA services are limited to only those ECHO-eligible and enrolled beneficiaries with a diagnosis of Autism Spectrum Disorder.

This fact sheet is **not** all-inclusive. For additional information, please visit www.tricare.mil.

- Rehabilitative services
- Respite care (*during any month when at least one other ECHO benefit is received and limited to the 50 United States, the District of Columbia, Guam, Puerto Rico, and the U.S. Virgin Islands*)
 - ECHO respite care: Up to 16 hours of care
 - EHHC respite care: Up to eight hours per day, five days per week
- Training to use special education and assistive technology devices
- Institutional care when a residential environment is required
- Transportation to and from institutions or facilities in certain limited circumstances

TRICARE does not pay for services provided by family members, trainers, or other individuals who are not TRICARE-authorized.

Note: All ECHO services require prior authorization from your regional contractor.




COVERAGE LIMIT AND GOVERNMENT/ SPONSOR LIABILITY

The government’s limit for the cost of all ECHO benefits combined, excluding the EHHC, is \$36,000 per beneficiary, per fiscal year (*October 1–September 30*).

ECHO-allowable amounts are not subject to a deductible. The cost-share for every month beneficiaries use ECHO benefits is based on the sponsor’s pay grade, as shown in the following table:

ECHO Cost-Share Amounts	
Sponsor Pay Grade	Sponsor Cost-Share Amount
E-1 through E-5	\$25
E-6	\$30
E-7 and O-1	\$35
E-8 and O-2	\$40
E-9, WO/WO-1, CWO-2, and O-3	\$45
CWO-3, CWO-4, and O-4	\$50
CWO-5, O-5	\$65
O-6	\$75
O-7	\$100
O-8	\$150
O-9	\$200
O-10	\$250

FOR INFORMATION AND ASSISTANCE

 TRICARE North Region Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) www.hnfs.com	 TRICARE South Region Humana Military Healthcare Services, Inc. 1-800-444-5445 <i>(ask to speak to your area’s ECHO case manager)</i> www.humana-military.com	 TRICARE West Region TriWest Healthcare Alliance 1-866-212-0442 <i>(ECHO information and referral line)</i> www.triwest.com/echo
TRICARE Overseas Program (TOP) Regional Call Center—Eurasia-Africa¹ +44-20-8762-8384 (<i>overseas</i>) 1-877-678-1207 (<i>stateside</i>) tricarelon@internationalsos.com	TOP Regional Call Center—Latin America and Canada¹ +1-215-942-8393 (<i>overseas</i>) 1-877-451-8659 (<i>stateside</i>) tricarephl@internationalsos.com	TOP Regional Call Centers—Pacific¹ Singapore: +65-6339-2676 (<i>overseas</i>) 1-877-678-1208 (<i>stateside</i>) sin.tricare@internationalsos.com Sydney: +61-2-9273-2710 (<i>overseas</i>) 1-877-678-1209 (<i>stateside</i>) sydricare@internationalsos.com
Defense Enrollment Eligibility Reporting System (DEERS)—Update Information 1-800-538-9552 1-831-655-8317 (<i>fax</i>) www.tricare.mil/deers	TRICARE Extended Care Health Option www.tricare.mil/echo Exceptional Family Member Program Information www.militaryhomefront.dod.mil/tf/efmp	Transitional Assistance Management Program www.tricare.mil/tamp

1. For a list of toll-free contact information, visit 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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