



TGRO Round Up
TRICARE Mail Order Pharmacy
Travel Funding
Periodic Health Assessments/Physicals
Medical Record Maintenance

Tricare Mail Order Pharmacy (TMOP)

The TMOP program is intended to offer to TRICARE beneficiaries an efficient and cost effective way to obtain needed medications. The attached handbook provides an excellent overview of this program and further information can be found at <http://www.tricare.mil/Factsheets/viewfactsheet.cfm?id=339>. The program is administered by Express Scripts, Inc and you can register at <http://www.express-scripts.com/TRICARE>.



TMOP%20Handbook
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TMOP does have limitations and is really most beneficial for those with recurring, long term, costly medication needs. Being able to receive a 90 day supply vice having to return repeatedly for 30 day supply, as is often the case at a regular pharmacy, is a big advantage. While there is no co-pay for ADSM with TMOP, other beneficiaries do have a co-pay as described in the attached handbook. For those beneficiaries who are TGRO Prime and have no co-pay, it may be better to acquire needed medication directly from the pharmacy. This is particularly true for the occasional, short-term medication where sending away to TMOP and paying a co-pay may not make sense. These TGRO Prime beneficiaries would pay for these medications and file a claim for 100% reimbursement. However, for those TGRO Prime beneficiaries with a recurring, high cost medication (such as Lipitor at almost \$470/90 day supply), using the TMOP program with its \$3 co-pay and waiting for delivery makes more sense than paying the full amount out of pocket and filing for reimbursement. Those enrolled in an ICASS program at their embassy, should discuss this issue with their provider since each embassy has a different ability to provide medications and different arrangements with outside contractors.

In addition, if you reside overseas, you must meet the following requirements to receive mail-order delivery:

- Have an APO/FPO or embassy address
- Have a U.S. licensed provider write your prescription.

Note: The TMOP will not ship refrigerated medications to any APO/FPO address. If you require refrigerated medication, talk to your licensed overseas provider about alternatives.

For More Information, a licensed pharmacist is available to answer questions about your medications 24 hours a day at 1-866-363-8667; or TDD at 1-877-540-6261.

Travel Funding:

TGRO enrollees often require medical care that is not available at their local enrollment site and may have to travel to another city or country to the closest capable medical facility for treatment. TRICARE provides cashless claimless coverage for the actual medical care costs for TGRO beneficiaries, but does not include a travel benefit. Travel and per diem costs for the patient and any attendants are covered by the Sponsor's unit fund cite. After working with ISOS to arrange the medical appointment, the Sponsor should work with his/her command and remote POC to arrange the funding. I have embedded the Medical Travel Funding Form that gives the names and contact information for each service in the Pacific region to assist you in locating the appropriate service fund cites POC. (Fund Cite List is being updated, will send out latest version to POCs soonest) Remember, plan early and remain flexible. Challenges and surprises occur frequently.



Medical + Travel
Funding SOP_03AUG6

Periodic Health Assessments and Physicals:

All AD TGRO members require an annual Periodic Health Assessment (PHA) and some require physical exams for special duty. These must be completed at a MTF. Service Members often schedule these in conjunction with a leave or TDY at a location with an MTF in OCONUS or CONUS. The remote POC in your area can contact our office and we will provide the case manager contact information at a particular facility. The service member must then contact the MTF directly to schedule the appointment. After the service member has their appointment details they should contact their remote POC/Administrative section for fund cite information and orders.

Medical Record Maintenance:

While stationed in remote locations it is very important that you request copies of all documents from the local healthcare facilities and place them in your military medical record. ISOS, the healthcare contractor for the remote regions, is not responsible for the upkeep and maintenance of military healthcare records. Keeping up-to-date military records is very important for continuity of care for any chronic or recurrent healthcare problems. It is important that you have complete and comprehensive documentation to accurately account for your health care while on active duty. The accuracy and completeness of these records may have a significant impact on future duty assignments, medical boards, duty profiles and disability claims at the time of retirement. This is your record and it is in your best interest to maintain it.

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