

## TRICARE Reserve Select

(TRS) is a premium based health insurance plan that is available to all drilling members of the Guard or Reserve.

### Who qualifies?

- Members of the National Guard or Reserves who are actively drilling and their Family Members.
- Must Not be eligible for Federal Employees Health Benefits, (FEHB).

### Who does NOT qualify for TRS?

- Anyone who qualifies for FEHB
- Discharged soldiers
- IRR soldiers

How much is it? (Rates as of 1 January 2010)

Soldier only = **\$49.62 per month**    Soldier and family = **\$197.65 per month**

### Plan Basics:

<u>Annual Deductible</u> Minimum amount you pay each fiscal year before cost-sharing begins	Sponsor rank E4 and below: *\$50 Individual *\$100 Family Sponsor rank E5 and above: *\$150 Individual *\$300 Family
<u>Cost-Shares</u> After the annual deductible is met	15% if the provider is in the TRICARE network 20%* if the provider is not in the TRICARE network
<u>Catastrophic Cap</u> (Maximum amount you pay each fiscal year, not including monthly premiums)	\$1,000 per family

For more details about costs for covered services,  
visit [http://www.humana-military.com/south/bene/tools\\_resources/handbooks/trs/toc.asp](http://www.humana-military.com/south/bene/tools_resources/handbooks/trs/toc.asp)

### What else do I need to know?

- If you are placed on Active Duty (Title 10, Title 32, ADSW), you will have to re-enroll within 60 days of the expiration of orders for continued coverage.
- If you or a family member are dis-enrolled from TRS for any reason other than active duty orders, you will be locked out of TRS for one year. You may request reinstatement to the TRS program if you are locked out: <http://www.humana-military.com/library/pdf/trs-reinstatement-request-form.pdf>

### Enrollment:

To enroll under the new program, click here: <https://www.dmdc.osd.mil/appj/trs/> (RC Member, DFAS Pin = MyPay Pin)  
Follow the instructions, Print and sign the *TRS Request Form (DD Form 2896-1)* Mail or fax your completed *TRS Request Form* along with the first month's premium payment to your regional contractor.  
<http://www.mytricare.com/internet/tric/tri/tricare.nsf/dispmap/RegionMap?Open&constituent=Beneficiaries>

### Resources:

Customer Service Line **1-877-298-3408**

TRICARE Liaison for the Oklahoma Army National Guard, 2LT Belicek: 405-228-5346

TRICARE Reserve Select Information: (Click on #7) <http://www.humanamilitaryguardreserve.com/skins/ngr/home.aspx>

TRICARE South Web page, find a provider and much more information: <http://www.humana-military.com/>

Payment Options: <https://infocenter.humana-military.com/south/bene/obs/Apps/CCFeePayment/Main.aspx>

TRICARE Wounded, Ill, and Injured Service Members Toolkit: <http://www.tricare.mil/wii>

- NOTE: **\*\*TRS does NOT cover Dental.** Dental insurance is purchased through United Concordia.  
Dental benefits: <http://www.tricaredentalprogram.com/tdptws/info/reservists.jsp>