

The 2022 Retired Army Personnel Bulletin

RETIREMENT SERVICES OFFICE
FORT SILL, OKLAHOMA



The 44th Annual Retiree Appreciation Days

Welcome back! Fort Sill is happy to announce that the 44th Annual Retiree Appreciation Days (RAD) event will be held in person this year from 15-16 September 2022. We are eager to move forward celebrating the Retiree community that encompasses families, friends, partnerships, and service, which are our most valued treasures! Since our last in-person event, we conducted a RAD Virtual Town Hall via Facebook Live Stream, facilitated by the Garrison Commander and Fort Sill Retiree Council to answer questions pertaining to legal, medical, ID cards, retirement benefits and entitlements, as well as ongoing legislative activities within the military.

Many of us have suffered loss and experienced sadness due to the COVID pandemic. Our heartfelt condolences go out to the families of those who have experienced the loss of a loved one or friend! We wish for moments of comfort as we remember them and try to return to the new “normal.”

This year’s Open House will be held at the Rinehart Fitness Center, Rinehart Hall, Building 2730, Bragg Road, Fort Sill, Oklahoma, from 8:30 a.m. until 2:00 p.m. on 15 September 2022. Currently, the RAD will follow the Centers for Disease Control (CDC) guidance regarding Community Levels, dated 1 March 2022. Therefore, please have a facemask available. We will have a limited number of vendors and a smaller set up in comparison to previous RADs. The RAD historically offers approximately 80 booths for our guests to visit. However, due to a slightly reduced event, there will be approximately 50– 65 vendor booths, including, but not limited to Legal, Tricare, ID Cards, Veteran Services Organizations (VSOs), Reynolds Army Health Clinic (RACH), Dental Activity (DENTAC), etc., which are all critically important and favorites of the Retiree community!

We invite you to enjoy a meal with us as we honor our Retirees with a fantastic luncheon. The luncheon will be held at the Patriot Club, 500 Upton Road, Fort Sill, Oklahoma. It will be the perfect opportunity to “break bread” and reunite after a turbulent past two years. Sergeant Major of the Army (SMA) (Retired) Jack L. Tilley, the 12th SMA, will be the guest speaker for the luncheon. Following the meal, you are invited to attend the bi-monthly Fort Sill Retirement Ceremony at 3:00p.m. at the Cache Creek Chapel, to help us congratulate our newest Retirees as they begin their retirement journey!

For more details, please see the Schedule of Events on Page 22. We hope to see you there!



The 44th Annual Retiree Appreciation Days



Digital Newsletter Available to you!

The Retiree Appreciation Days Newsletter will continue to be sent digitally for your information and viewing no later than the end of July each year. To view the newsletter, please go to one of the following websites:

RSO Web Page: <https://sill-www.army.mil/usag/dhr/mpsd/rso/>

-Click on Retired Army Personnel Bulletin.

Army Retirement Services Web Page: <http://soldierforlife.army.mil/retirement>

****Please contact our office at (580) 442-6131/4251/2645 and provide us with your e-mail address to ensure you receive a digital copy of the newsletter. You may also fill out the form on page 24 and mail it to our office.**

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A Message from the Commanding General and Command Sergeant Major



Dear Retirees and Families,

On behalf of the Fires Center of Excellence and Fort Sill, we are pleased to invite you to our annual Retiree Appreciation Days, scheduled for September 15-16, 2022. For 44 years, our Retirement Services Office has hosted this important event, focusing on ensuring our Veterans and Families remain engaged and informed. We are looking forward to this year's event!

Our Open House will have vendors and a table to sign up for the luncheon to be held on September 16, 2022, at 11:30 a.m., at the Patriot Club, 500 Upton Road. The luncheon will include speakers and prizes and we encourage you to attend. Both events will have something for everyone and participation is well worth your time.

This is your Army and your Fort Sill. Take some time to see what improvements we are making to our facilities to ensure we have the best trained and equipped Fires Soldiers and Marines. Although you may not have worn your uniform for several years, you still are part of our Army team. You serve as ambassadors to the civilians that have never experienced Army life.

We sincerely encourage you to attend this year's Retiree Appreciation Days. The agenda is included in this newsletter, along with the registration forms. Your service was invaluable and we want the Retiree Appreciation Days to be an event that helps you continue to serve. You represent a crucial part of our Nation's history, and we are excited to have this opportunity to host you at Fort Sill. You are a "Soldier for Life."

Kenneth L. Kamper, Major General, U.S. Army, Commander, Fort Sill, OK

Stephen A. Burnley, Command Sergeant Major, U.S. Army, Fort Sill, OK



*A Message from the Garrison Commander
and Command Sergeant Major*



Dear Retirees and Family Members,

It is an honor and privilege to welcome you to Fort Sill's 44th Annual Retiree Appreciation Days held September 15-16, 2022. Your lifetime of devoted service to our Nation truly reflects your patriotism for our country. We thank you for forging the path for our current Military serving to preserve our freedom that you so fervently defended. We are proud of your service and urge you to continue to tell your story and encourage young people to consider Military service as a career.

The Retiree Appreciation Days events are geared to honor you and your Family members. We urge you to continue to visit Fort Sill whenever possible, use our facilities, attend troop homecomings, ceremonies, and other events throughout the year.

Again, thank you for your continued service and support. We look forward to seeing you at the Retiree Appreciation Days in September.

Once a Soldier, Always a Soldier...a Soldier for Life!

Rhett A. Taylor, Colonel, U.S. Army Garrison Commander
William C. Taylor, Command Sergeant Major, U.S. Army, Garrison Command
Sergeant Major



A Message from the RSO Staff

What we can assist you with

The Retirement Services Office (RSO) is here to assist and advise you! We are located in the Welcome Center, Bldg. 4700, Room 123N (near ID Cards Section). Our normal hours of operation are Mon, Wed, Thurs, and Fri from 0830-1600.

We are closed Tuesday mornings until 12:30 PM for administrative work; also, on Federal Holidays. Please call us if you have any questions at (580) 442-2645/6131/4251.

Professional friendly service awaits you in the following areas:

- ◆ Retirement Services
- ◆ Survivor Benefits (Pre and Post Retirement)
- ◆ Retirement & Annuitant Pay
- ◆ Entitlements & Benefits
- ◆ Retiree Council Information
- ◆ Retiree Appreciation Days (RAD)
- ◆ Retiree Newsletter



Please allow us the opportunity to help you!



Gregory A. Davis
Retirement Services Officer

Tiffany N. Simmons
Survivor Benefits Counselor

Maria C. Gomez
Retirement Applications Coordinator

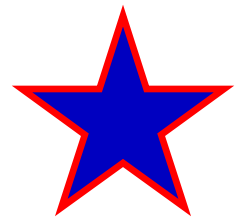
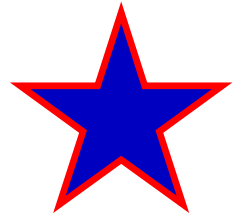
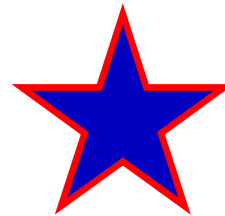
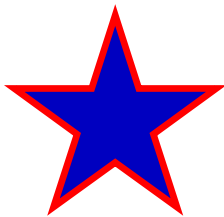
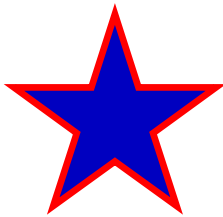
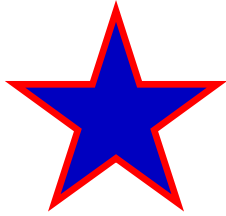


A Message from the RSO Staff

We will miss you! 

CONGRATULATIONS!!!

We will miss you!



After 6 years of faithful service as the Branch Chief, Retirement Services Office, Mr. Roland A. Shirley was promoted to the next level to serve as the Military Personnel Division's (MPD), Chief, Casualty Assistance Center (CAC)!

CONTINUED SERVICE!

Mr. Shirley has counseled and served thousands of Soldiers, Retirees and their Families. And although he is just a few steps away, the RSO Staff will miss him dearly! We wish Mr. Shirley luck and best wishes in his new role!

FIRES STRONG!!! 

A Message from the Retiree Council
***“We will stand strong
and be there when it counts the most.”***



Dear Retirees and Families,

Greetings from Fort Sill and the Fort Sill Retiree Council! I'm LTC (Ret) Allen Shell, Co-Chairman of the Retiree Council. On behalf of SGM (Ret) Edward Mounts, Co-Chairman, we and the Fort Sill Retiree Council would like to extend our thanks for all of the support and continued progress over the last couple of challenging years.

This year, 2022 will be the 44th Anniversary for the Retiree Appreciation Days (RAD) here at Fort Sill. We want to thank all of our Retiree Community, and invite all military Retirees, Surviving Spouses and family members to Fort Sill, September 15th and 16th. Help us make 2022 a year to remember! It can sometimes be difficult to stay current with benefits and updates that affect all of us in the Retiree community; for this reason, we will have many representatives to assist you at the RAD on the 15th. On the 16th, at 11:30 a.m., come join us for lunch at the Patriot Club, 500 Upton Road, Fort Sill, Oklahoma. Afterwards, join us in welcoming our new Retirees on during the Fort Sill Retirement Ceremony, at 3:00 p.m. at the Cache Creek Chapel. If you need assistance or have any questions about your benefits or entitlements, please feel free to use our great Retirement Services Office and the Fort Sill Retiree Council!

Year after year, the Fort Sill Retiree Council looks forward to serving the greatest group of Retirees in the United States. Supporting Retirees at the Post Retirement Ceremonies, the Annual Retiree Council Golf Tournament and the Annual Retiree Appreciation Days during the third week of September are just a few of the ways that we reach out to support a great group of folks. Because of supporters such as yourself, the Fort Sill Retiree Council has again been recognized as the top council in the Continental United States (CONUS), and we would like to thank you for your support! Across the nation, shrinking budgets have jeopardized many installation's support of Retiree Appreciation Days events or have forced cancellation altogether. Our promise to the Retiree community is that we will stand strong and be there when it counts the most. Although some activities or supporting organizations may reduce some of our efforts, we will stand strong in our commitment to all those that served and their Families!

Stay in touch with our awesome Retirement Services Office and with the Council. Again, thank you for all of the outstanding support and we look forward to working with you!

Caution-<https://www.facebook.com/fortsillretireecouncil>

LTC (Ret) Allen Shell



SGM (Ret) Edward D. Mounts





Retiree Council Members 2022



LTC (Ret) Allen Shell, Co-Chairman (Officer)

SGM (Ret) Edward D. Mounts, Co-Chairman (Enlisted)

SGM (Ret) Mary Fuller, Admin Officer

CSM (Ret) Jenny Clement-Shaw, Activities/Event Coordinator

SGM (Ret) H.E. McClure, Assistant Treasurer/Medical Liaison Officer

Military Widow, Ms. Patricia Cameron, AAFES/Commissary Officer

CW4 Kristy Fair, Information Communications Officer

CW2 (Ret) Gregory A. Davis, RSO Advisor

MSG (Ret) Joseph Herbert, Treasurer

COL (Ret) Felix Peterson Jr., State VA Officer

COL (Ret) Chris Compton

LTC (Ret) Rich Amadon

LTC (Ret) Sean T. Bateman

LTC (Ret) Michael Glowaski

LTC (Ret) Thor Littau

LTC (Ret) Paul Metcalfe

LTC (Ret) William Richardson

LTC (Ret) Jim Rikard

LTC (Ret) Rhonda Williams

MAJ (Ret) Paul Warmuskerken

CW4 (Ret) Randy Reynolds

CSM (Ret) J.B. Shoopman

SGM (Ret) Larry Evans

1SG (Ret) Stanley Schofield

1SG (Ret) Matthew W. Sims

MSG (Ret) Kimberly Wendel

Military Widow, Ms. Jalena Triplett



“A Soldier for Life”





17th Annual Retiree Council Golf Tournament

The 17th Annual Retiree Council Golf Tournament was held this year on June 3, 2022 at the Fort Sill Golf Course. A total of 32 golfers that made up 8 teams participated in the tournament. This is the largest fundraiser of the year for the Council; proceeds go toward the manufacturing of flag cases for Retiring Soldiers. Thank you for your support! Congratulations to all the winners!

“And the winners are...”

1st Place:

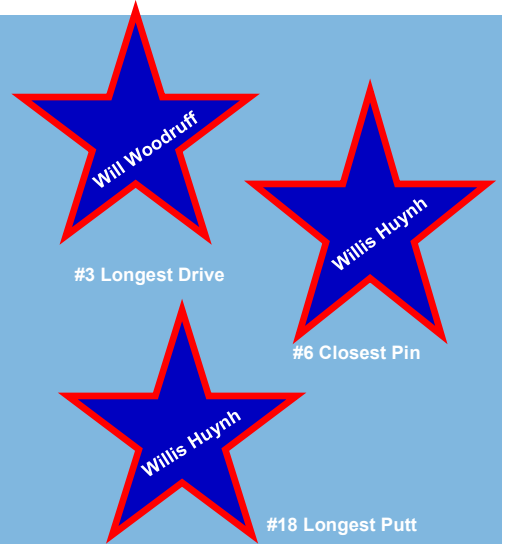
Steele Diplomacy

2nd Place:

Heir Associates

3rd Place:

DHR # 1



TRICARE® Costs and Fees 2022



This is a general overview of most costs and fees for TRICARE. For detailed costs and fees, including those for TRICARE For Life, visit www.tricare.mil/costs. Visit www.tricare.mil/planfinder to learn more about eligibility and each TRICARE plan.

Are You In Group A or Group B?

- You're in **Group A** if your initial enlistment or appointment or that of your uniformed services sponsor began before Jan. 1, 2018.
- You're in **Group B** if your initial enlistment or appointment or that of your uniformed services sponsor began on or after Jan. 1, 2018.

Note: When enrolled in TRICARE Reserve Select (TRS), TRICARE Retired Reserve (TRR), TRICARE Young Adult (TYA), or the Continued Health Care Benefit Program (CHCBP), Group A beneficiaries follow Group B annual deductibles and applicable copayments or cost-shares.

TRICARE PRIME® (JAN. 1–DEC. 31, 2022)

Includes TRICARE Prime, TRICARE Prime Overseas, TRICARE Prime Remote, TRICARE Prime Remote Overseas, the US Family Health Plan (USFHP), and TYA Prime plans.

Annual Enrollment Fees (TRICARE Prime, TRICARE Prime Remote, and USFHP only)

No annual enrollment fee for active duty service members (ADSMs), active duty family members (ADFMs), and transitional survivors (surviving spouses during the first three years and surviving dependent children) worldwide.

For retirees, their families, and most others*:

- **Group A:** \$323 per individual/\$647 per family
- **Group B:** \$392 per individual/\$784 per family

Annual Deductible

There is no annual deductible.

TRICARE Prime Out-of-Pocket Costs

ADSMs, ADFMs, and transitional survivors		
Covered service	Group A	Group B
All covered services	\$0	\$0
Retirees, their families, and all others		
Covered service	Group A	Group B
Preventive Care Visit	\$0	\$0
Primary Care Outpatient Visit	\$22	\$22
Specialty Care Outpatient Visit	\$33	\$33
Urgent Care Center Visit	\$33	\$33
Emergency Room Visit	\$67	\$67
Inpatient Admission (Hospitalization), Network	\$168/admission	\$168/admission

TRICARE Prime Point-of-Service Option

When you see a TRICARE-authorized provider other than your primary care manager for any nonemergency services without a referral, you pay:

- An annual deductible before TRICARE cost-sharing will begin: \$300 per individual/\$600 per family.
- For services beyond this deductible, you pay 50% of the TRICARE-allowable charge.
- These costs do not apply to the catastrophic cap.

TRICARE SELECT® (JAN. 1–DEC. 31, 2022)

Includes TRICARE Select, TRICARE Select Overseas, TRS, TRR, TYA Select, and CHCBP plans.

Annual Enrollment Fees (TRICARE Select and TRICARE Select Overseas only)

No annual enrollment fee for ADFMs. For retirees, their families, and others:

- **Group A:** \$158 per individual/\$317 per family
- **Group B:** \$504 per individual/\$1,008 per family

Annual Deductible

You must spend your annual deductible amount before TRICARE cost-sharing begins:

ADFMs and TRS members			
Pay grades E-4 and below			
Group A		Group B and TRS members	
Individual	Family	Individual	Family
\$50	\$100	\$56	\$112
Pay grades E-5 and above			
Group A		Group B and TRS members	
Individual	Family	Individual	Family
\$150	\$300	\$168	\$336
Retirees, their families, TRR members, and all others			
Group A		Group B and TRR members	
Individual	Family	Individual	Family
\$150	\$300	Network†: \$168	Network†: \$336
		Out-of-Network†: \$336	Out-of-Network†: \$672

(Continued on next page)

* For certain beneficiaries in Group A, their enrollment fee remains frozen at the rate when the survivor or medically retired member is classified in the Defense Enrollment Eligibility Reporting System in either category and enrolls, as long as there is a continuous TRICARE Prime enrollment. See www.tricare.mil/costs for more information.

† Network means a provider in the TRICARE network. Out-of-network means a TRICARE-authorized provider not in the TRICARE network.

TRICARE COSTS (cont)



COSTS AND FEES 2022

Certain TRICARE Select Out-of-Pocket Costs: Network and Out-of-Network*

Covered Services	ADFM's and TRS members		Retirees, their families, TRR members, and all others	
	Group A	Group B and TRS members	Group A	Group B and TRR members
Preventive Care Visit	\$0	\$0	\$0	\$0
Primary Care Outpatient Visit	Network: \$24 Out-of-Network: 20%†	Network: \$16 Out-of-Network: 20%†	Network: \$32 Out-of-Network: 25%†	Network: \$28 Out-of-Network: 25%†
Specialty Care Outpatient Visit	Network: \$38 Out-of-Network: 20%†	Network: \$28 Out-of-Network: 20%†	Network: \$50 Out-of-Network: 25%†	Network: \$44 Out-of-Network: 25%†
Urgent Care Center Visit	Network: \$24 Out-of-Network: 20%†	Network: \$22 Out-of-Network: 20%†	Network: \$32 Out-of-Network: 25%†	Network: \$44 Out-of-Network: 25%†
Emergency Room Visit	Network: \$99 Out-of-Network: 20%†	Network: \$44 Out-of-Network: 20%†	Network: \$133 Out-of-Network: 25%†	Network: \$89 Out-of-Network: 25%†
Inpatient Admission (Hospitalization)	\$20.75 per day or \$25 per admission (whichever is more) Network and Out-of-Network	\$67 per admission Network	\$250 per day or up to 25% hospital charge (whichever is less); plus 20% separately billed services Network	\$196 per admission Network
		20%† Out-of-Network	\$1,053 per day§ or up to 25% hospital charge (whichever is less); plus 25% separately billed services Out-of-Network	25%† Out-of-Network
‡ Subsistence charge refers to the rate charged for inpatient care obtained in a military hospital or clinic. § All final claims reimbursed under the TRICARE Diagnosis Related Group (DRG)-based payment system are to be priced using the rules, weights, and rates in effect as of the date of discharge.				
\$20.75 per day (subsistence charge)‡ Military Hospital or Clinic				

* Network means a provider in the TRICARE network. Out-of-network means a TRICARE-authorized provider not in the TRICARE network.

† Percentage of TRICARE maximum-allowable charge after annual deductible is met.

PREMIUM-BASED HEALTH PLANS

When enrolled in a premium-based health plan (TRICARE Reserve Select, TRICARE Retired Reserve, TRICARE Young Adult Prime, TRICARE Young Adult Select, or the Continued Health Care Benefit Program), you pay a monthly or quarterly premium and follow Group B annual deductibles and applicable copayments or cost-shares.

Quarterly Premium (Oct. 1, 2021–Sept. 30, 2022)		
Premium-Based Plan	Individual	Family
Continued Health Care Benefit Program	\$1,654	\$4,079

Monthly Premium (Jan. 1–Dec. 31, 2022)		
Premium-Based Plan	Member only	Member and family
TRICARE Reserve Select	\$46.70	\$229.99
TRICARE Retired Reserve	\$502.32	\$1,206.59
TRICARE Young Adult Prime	\$512	Not available
TRICARE Young Adult Select	\$265	Not available



Catastrophic Cap

The catastrophic cap is the most you or your family may pay out of pocket for covered TRICARE health care services each calendar year (including enrollment fees but excluding premiums). It protects you by limiting the amount of out-of-pocket expenses you pay for TRICARE covered medical services. **Note:** A TRICARE Young Adult member's catastrophic cap is based on the sponsor's status but follows Group B. The Continued Health Care Benefit Program catastrophic cap follows Group B.

Sponsor or Beneficiary Type	Group A	Group B
ADFM's	\$1,000/family	\$1,120/family
Retirees, their families, and others	\$3,000/family (TRICARE Prime) \$3,706/family (TRICARE Select)	\$3,921/family
TRS members	(Follow Group B)	\$1,120/family
TRR members	(Follow Group B)	\$3,921/family



PHARMACY COSTS (JAN. 1, 2022–DEC. 31, 2023)

ADSMs have no prescription drug costs when using a military pharmacy, TRICARE Pharmacy Home Delivery, or a TRICARE retail network pharmacy for covered drugs. Your TRICARE plan, which group you're in (A or B), and pharmacy type determine whether you may have to meet your annual deductible before copayments or cost-shares apply. To learn more, use the TRICARE Compare Cost Tool at www.tricare.mil/comparecosts.

At network and non-network pharmacies, you may get up to a 30-day supply of your covered prescription; with all other pharmacy options, you may get up to a 90-day supply, depending on the type of drug prescribed. Some drugs are only covered through home delivery. Overseas, some limitations may apply. Learn more at <https://militaryrx.express-scripts.com>, or call Express Scripts at 1-877-363-1303.

Pharmacy types	Formulary drug costs		Non-formulary drug costs	Non-covered drug costs
	Generic	Brand-name		
Military pharmacy Up to a 90-day supply	\$0	\$0	Generally not available without medical necessity	Not available
TRICARE Pharmacy Home Delivery Up to a 90-day supply	\$12	\$34	\$68	Not available
TRICARE retail network pharmacy Up to a 30-day supply	\$14	\$38	\$68	Full cost of drug
Non-network pharmacy (in the U.S. and U.S. territories: American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, and the U.S. Virgin Islands)	TRICARE Prime options: 50% cost-share applies after the point-of-service (POS) annual deductible is met All other beneficiaries: You pay for formulary drugs (\$38 or 20% of total cost, whichever is more, after you meet your annual deductible) and non-formulary drugs (\$68 or 20% of total cost, whichever is more, after you meet your annual deductible).			Full cost of drug
Overseas pharmacy (outside the U.S. and U.S. territories) Visit www.tricare.mil/pharmacy for more information.	ADSMs and ADFMs using TRICARE Prime Overseas or TRICARE Prime Remote Overseas: \$0 (you may have to pay the full cost up front and file a claim for reimbursement) ADFM's using TRICARE Select Overseas and TRS members: 20% cost-share after annual deductible is met Retirees, their families, TRR members, and all others in TRICARE Select Overseas: 25% cost-share after the annual deductible is met			Full cost of drug

TRICARE COSTS (cont)



COSTS AND FEES 2022

UPDATED May 2022



VOLUNTARY DENTAL PROGRAMS

There are two voluntary dental plans separate from TRICARE health care options: the TRICARE Dental Program (TDP) and the Federal Employees Dental and Vision Insurance Program (offered by the U.S. Office of Personnel Management). Below are the TDP rates. To learn more about dental plans and eligibility, visit www.tricare.mil/dental.

TRICARE Dental Program Monthly Premiums (May 1, 2022–April 30, 2023)

Sponsor status	Sponsor-only premium	Single premium (one family member, not the sponsor)	Family premium (more than one family member, not the sponsor)	Sponsor-and-family premium
Active duty	N/A	\$11.94	\$31.04	N/A
Selected Reserve	\$11.94	\$29.84	\$77.59	\$89.53
Individual Ready Reserve	\$29.84	\$29.84	\$77.59	\$107.43

TRICARE Dental Program Out-of-Pocket Costs (May 1, 2022–April 30, 2023)

Services, deductibles, and maximums	TRICARE Dental Program
Diagnostic, preventive (including sealants)	0%
Basic restorative	20%
Endodontic, periodontic, oral surgery	Pay grades E-1 through E-4: 30%; All others: 40%
Prosthodontic, implant, orthodontic	50%
Annual deductible	\$0
Non-orthodontic service maximum*	\$1,500 (per person, per contract year: May 1–April 30)
Orthodontic lifetime maximum	\$1,750 (per person, per lifetime)
Dental accident maximum	\$1,200 (per person, per contract year: May 1–April 30)

* Orthodontic diagnostic service charges are applied toward the non-orthodontic service maximum, but other diagnostic and preventive service charges are not.

LOOKING FOR More Information?

GO TO www.tricare.mil



TRICARE Costs
www.tricare.mil/costs



TRICARE Plan Finder
www.tricare.mil/planfinder



TRICARE East Region
Humana Military
1-800-444-5445
HumanaMilitary.com
www.tricare-east.com



TRICARE Overseas Program (TOP)
International SOS
Government Services, Inc.
www.tricare-overseas.com
For toll-free contact information, visit this website.



TRICARE Pharmacy Program
Express Scripts, Inc.
1-877-363-1303
1-877-540-6261 (TDD/TTY)
www.tricare.mil/pharmacy
<https://militaryrx.express-scripts.com>



TRICARE Dental Program
United Concordia Companies, Inc.
CONUS: 1-844-653-4061
OCONUS: 1-844-653-4060 or
1-717-888-7400
711 (TDD/TTY)
www.uccitdp.com



TRICARE West Region
Health Net Federal Services, LLC
1-844-866-WEST (1-844-866-9378)
www.tricare-west.com

TOP Regional Call Centers Eurasia-Africa

+44-20-8762-8384 (overseas)
1-877-678-1207 (stateside)
tricarelon@internationalsos.com

Latin America and Canada

+1-215-942-8393 (overseas)
1-877-451-8659 (stateside)
tricarephi@internationalsos.com

Pacific (Singapore):

+65-6339-2676 (overseas)
1-877-678-1208 (stateside)
sin.tricare@internationalsos.com

Pacific (Sydney):

+61-2-9273-2710 (overseas)
1-877-678-1209 (stateside)
sydricare@internationalsos.com

An Important Note About TRICARE Program Information

At the time of publication, 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 hospital and clinic guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact your TRICARE regional contractor or local military hospital or clinic.
TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

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HUMANA MILITARY BENEFIT GUIDANCE

Access TRICARE information by visiting:

Beneficiary resources:

[HumanaMilitary.com/Guidance](https://www.humanamilitary.com/Guidance)

TRICARE publications:

[TRICARE.mil/publications](https://www.tricare.mil/publications)

Provider locator:

[HumanaMilitary.com/FindCare](https://www.humanamilitary.com/FindCare)



T R I C A R E[®]



(Continued)

TRICARE® IMPORTANT CONTACT INFORMATION



WC427G040322WP

MAY 2022



TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

TRICARE OVERSEAS PROGRAM

For toll-free, country-specific contact information, visit www.tricare-overseas.com/contact-us. Only call Medical Assistance numbers to coordinate emergency care overseas.

Eurasia-Africa

+44-20-8762-8384 (overseas)
1-877-678-1207 (stateside)
tricarelion@internationalsos.com

Medical Assistance
+44-20-8762-8133

Latin America and Canada

+1-215-942-8393 (overseas)
1-877-451-8659 (stateside)
tricarephl@internationalsos.com

Medical Assistance
+1-215-942-8320

Pacific

Singapore
+65-6339-2676 (overseas)
1-877-678-1208 (stateside)
sin.tricare@internationalsos.com

Medical Assistance
+65-6338-9277

Sydney

+61-2-9273-2710 (overseas)
1-877-678-1209 (stateside)
sydricare@internationalsos.com

Medical Assistance
+61-2-9273-2760

OTHER IMPORTANT CONTACTS

TRICARE Pharmacy Program

www.tricare.mil/pharmacy
Express Scripts, Inc.
<https://militaryrx.express-scripts.com>
1-877-363-1303

Dental Programs

www.tricare.mil/dental

TRICARE Active Duty Dental Program (ADDP)

1-866-984-2337 (CONUS)
1-844-653-4058 (OCONUS)

TRICARE Dental Program (TDP)

1-844-653-4061 (CONUS)
1-844-653-4060 (OCONUS)

For a complete list of TRICARE contacts, visit www.tricare.mil/contactus.

Federal Employees Dental and Vision Insurance Program (FEDVIP)

www.benefeds.com

TRICARE For Life (TFL)

www.tricare.mil/tfl
1-866-773-0404

Defense Enrollment Eligibility Reporting System (DEERS)

www.tricare.mil/deers
1-800-538-9552

<https://milconnect.dmdc.osd.mil>
(Update DEERS, view eCorrespondence)

TRICARE STATESIDE CONTACTS

E

East Region

Humana Military
1-800-444-5445
HumanaMilitary.com
www.tricare-east.com
Warrior Navigation and Assistance Program
1-888-4GO-WNAP (1-888-446-9627)



W

West Region

Health Net Federal Services, LLC
1-844-866-WEST (1-844-866-9378)
www.tricare-west.com

TRICARE Prime Remote (TPR)

www.tricare.mil/tpr
Active Duty: 1-888-647-6676
www.health.mil/greatlakes

US Family Health Plan (USFHP)

1-800-74-USFHP (1-800-748-7347)
www.tricare.mil/usfhp

TRICARE AREA OFFICES

www.health.mil/tao

Latin America and Canada

(Canada, the Caribbean Basin, Central and South America, Puerto Rico, and the U.S. Virgin Islands)

+1-888-777-8343, option 2
312-761-1153 (DSN),
option 1, ext. 536-6200

Eurasia-Africa

(Africa, Europe, and the Middle East)

+1-888-777-8343, option 1
314-590-2999 (DSN)

Pacific

(Asia, Australia, Guam, India, Japan, New Zealand, South Korea, and Western Pacific remote countries)

315-645-3199 (DSN)



A Registered Nurse is Only
a Call or Click Away!



Web Chat



Video Chat



Call (visit us on the web to find your location-specific number)

In the U.S., call 1-800-TRICARE
(1-800-874-2273), option 1

MHSNurseAdviceLine.com

Find your benefits number on your ID card.



How to Create a myPay Account?

If you've never used **myPay**, visit <https://mypay.dfas.mil> and click "Forgot or Need a Password" to have a temporary password mailed to you. Once you have received a password, return to the **myPay** home page and click "Create an Account" to get started. Enter your SSN and temporary password.

If you see the following message in red: "The combination you entered is incorrect. You have already created a LOGIN ID and should not be using your SSN to log in. Please try again." This means you already have a login ID. By now you've probably forgotten it, so you'll need to go back to the **myPay** home page and click "Forgot your Login ID?" Enter your SSN and temporary password to have your Login ID displayed on screen. Then, return to the home page to login.

If you have trouble, call **myPay** at 888-332-7411 to speak to a Customer Service Representative.

Limited Access Accounts

For people who travel or are unable to access a computer, myPay offers the Limited Access Password. You can create a Limited Access Password for another person, allowing that individual to view your pay and tax statements without making any changes to your account. You may delete any user's limited access at any time.





RETIREMENT SERVICES OFFICE
FORT SILL, OKLAHOMA



Do you need a copy of your 1099-R?

Getting Your 1099-R

Military retirees and annuitants receive a 1099-R tax statement either electronically via myPay or as a paper copy in the mail each year. Members can also request additional copies of their 1099-R tax statements in several different ways.

Click on any of the following links to learn more about your options on requesting a 1099-R.

[myPay](#): Get your 1099R right away. myPay is your fastest and most secure option to obtain a copy of your 1099R and to manage your retirement account every day. Login to myPay, and print your 1099R out in the comfort of your own home.

[Telephone Self-Service](#): Not a myPay user yet? No need to wait on the phone, use a computer or speak to anyone. Telephone self service requests are sent to your current address of record in 7-10 business days.

[Ask DFAS](#): Need to update your mailing address and have your 1099R resent? Submit a request to one of our customer care representatives through the internet. You can request your 1099R sent to your address of record or to a one-time, seasonal address. You can also update your mailing address permanently using a separate online form. Your 1099R will be in the mail to you within 7 to 10 business days.

[Written Request](#): Do you prefer traditional mail? Send us a written request by fax or mail, but make sure you leave us time to reply. It may take us 30 to 60 days to process requests received by this means.

[Call Us](#): Members with unique situations can speak directly to one of your customer care representatives. Depending on call volume, you may have to wait on hold while we assist other customers.



Changing/Updating Your Address

There are two ways you can update your mailing address.

myPay

The quickest and easiest way to update your mailing address is to use myPay. If you have trouble logging in to myPay, use the troubleshooting instructions on our homepage or call 888-332-7411.

1. After logging in, find the Correspondence Address link on the Main Menu
2. Enter the correct address
3. Save your changes and close the screen or use the link at the top of the page in the gray bar to return to the main menu
4. Your account will be updated in three to seven business days

Paper Form

Complete a Retiree Change of Address/State Tax Withholding Request (DD2866) and mail or fax it to:



For Retirees:

Defense Finance and Accounting Service
U.S. Military Retired Pay
8899 E 56th Street
Indianapolis IN 46249-1200

Fax: 800-469-6559



For Annuitants, beneficiaries and survivors

Defense Finance and Accounting Service
U.S. Military Annuitant Pay
8899 E 56th Street
Indianapolis, IN 46249-1300

Fax: 800-982-8459

Please keep in mind that it can take 30-60 days for us to process a paper form.

Keep Your Account Current

Failing to notify us of a change of address or banking information can result in missing payments.



The SBP-DIC Offset Phased Elimination: What You Need to Know About Phase Two and Phase Three

On January 1, 2022, Phase Two of the SBP-DIC Offset Phased Elimination began.

To help surviving spouses who are entitled to both SBP and DIC in 2022 understand the effect of this change, DFAS mailed letters in early December with individual estimates of 2022 SBP payments.

As a reminder, the SBP-DIC Offset Phased Elimination only affects SBP payments issued by DFAS. The changes do NOT affect Dependency and Indemnity Compensation (DIC) payments from the VA. Eligible surviving spouses will continue to receive the full amount of DIC from the VA.

Check out our new Quick Reference Guide on the special focus webpage: <https://www.dfas.mil/sbpdicnews>

What Happens in 2022 – Phase Two of the SBP-DIC Offset Phased Elimination

January 1, 2022 marked the start of the second phase of the SBP-DIC Offset Phased Elimination.

The changes affect surviving spouses who are, or who will become in the future, eligible for both Survivor Benefit Plan (SBP) payments and Dependency and Indemnity Compensation (DIC) payments, and who were subject to a full or partial SBP-DIC Offset.

In Phase Two of the SBP-DIC Offset Phased Elimination the amount that is offset (deducted) from the spouse's SBP annuity payment is one-third of the amount of the DIC payment.

DIC payments are not affected.

The SBP monthly payment is reduced by the amount of the offset (1/3 of the amount of the DIC payment).

If a spouse's gross SBP benefit is less than one-third of the amount of the DIC they receive from the VA, the spouse will not receive an SBP payment. About 12 percent of spouses (approximately 7,600) will not see a change in their SBP payment in 2022 because their gross SBP benefit is less than one-third of their DIC payment from the VA.

Spouses who have their SBP offset by DIC will continue to receive the Special Survivors Indemnity Allowance (SSIA) in 2022, up to the maximum amount of \$346 per month, or up to gross amount of SBP (if the gross amount of SBP is less than \$346).

Summary – Phase Two

VA will pay:

- 100% of the DIC payment

DoD/DFAS will pay:

- The remainder of the SBP benefit after deducting an amount equal to 1/3 of the spouse's DIC payment from the SBP gross annuity amount (SBP gross – 1/3 of DIC = SBP net)
- Plus the appropriate amount of SSIA up to the maximum allowable (\$346).

The effective date of Phase Two was January 1, 2022. January 2022 benefits were paid on February 1, 2022. The last payment of Phase Two is for December of 2022, which will be paid on **January 3, 2023**.





Phase Three: Starting January 1, 2023

In the third and final phase that begins January 1, 2023, the SBP-DIC offset will be fully eliminated. That means spouses will begin to receive their full SBP monthly payments with no offset (reduction) on **February 1, 2023**.

DIC payments will not be affected.

The SBP benefit will be paid in full (no offset).

SSIA will NOT be paid.

Additional Notes

Spouses should have received a January 2022 Annuitant Account Statement (AAS) near the time of their February 1, 2022 payment that showed changes to the SBP and/or SSIA payment because of the second phase of the SBP-DIC Offset Phased Elimination.

Annuitant Account Statements are available in your myPay account:

<https://mypay.dfas.mil>

Reminder: if a spouse previously received a refund of SBP premiums paid due to the SBP-DIC offset, they will NOT need to pay back that refund because of this change in the law.

Questions?

Check out the full range of Frequently Asked Questions and download our new Quick Reference Guide on the SBP-DIC News webpage: <https://www.dfas.mil/sbpdicnews>

We also have a webpage explaining SBP, DIC and SSIA: <https://www.dfas.mil/sbpdicssia>





RETIREE ID CARD RENEWAL



To renew your DD FORM 1172 to issue an ID card or update DEERS

Log on at: https://www.dmdc.osd.mil/self_service

No more waiting in line

No more sitting for hours in the waiting room

No more endless attempts at phone calls

To make an appointment Log on at: <https://rapids-appointment.dmdc.osd.mil>

Renew your DD FORM 1172 to issue an ID card or update DEERS

ID Card Section

Mission: The Fort Sill ID Card Section is responsible for processing identification cards for all Soldiers, Dependents, Retirees, and applicable Civilian and Contractor employees at Fort Sill and its supported regions.

Fort Sill ID Card Section: (580) 442-5010, DSN 639-5010

Mailing Address: Military Personnel Division, ID Card Section, Attn: IMSI-HRM-P, 4700 NW Mow-Way Road, Fort Sill, OK 73503.

Hours of Service: Monday – Friday, 0800 – 1530, closed on all Federal holidays.

What to bring: To receive an ID card, all personnel must bring two forms of approved unexpired ID, one of which must be state/government issued photo ID (e.g., passport, driver's license).

Appointments: Appointments are available Monday-Friday, 0830-1100 and 1230-1530. Emergency walk-ins will be done on a case-by-case basis.



**FORT SILL ANNUAL RETIREE APPRECIATION DAYS
SCHEDULE OF EVENTS**

THURSDAY, SEPTEMBER 15, 2022

0830-1400 **Retiree Appreciation Days Open House**
There will be 50 to 65 vendors and informational booths present at the Rinehart Fitness Center, Rinehart Hall, Building 2730, Bragg Road, Fort Sill, Oklahoma 73503

FRIDAY, SEPTEMBER 16, 2022

1130-1300 **Luncheon In Honor of Retirees**
Located at the Patriot Club, 500 Upton Road, Fort Sill, OK 73503

1500-1600 **Fort Sill Retirement Ceremony**
Located at the Cache Creek Chapel (Training Area) GPS
Address: 347 Quanah Road, Fort Sill, OK 73503

***You can pre-register for the Luncheon at the “Luncheon Ticket” table during Open House.**

IMPORTANT SITES AND NUMBERS



Arlington National Cemetery:www.arlingtoncemetery.mil/#/
Army Echoes:<https://soldierforlife.army.mil/retirement/army-echoes>
Army Echoes Editor's e-mail address:ArmyEchoes@mail.mil
Army Facebook:<https://www.facebook.com/USArmy>
Commissary:www.commissaries.com
Army Retirement Services:<https://soldierforlife.army.mil/retirement/home>
DEERS—Update address:www.tricare.mil/deers
EVetRecs (request DD 214 and military records):archives.gov/veterans/evetrecs
ID Card Facilities:Nearest facility: www.dmdc.osd.mil/rsl
Oklahoma Department of Veteran Affairs (OKVA):www.ok.gov/ODCA
Social Security Administration:(800) 772-1213; www.socialsecurity.gov
Society for Military Widows:www.militarywidows.org
Survivor Benefit Plan:www.soldierforlife.army.mil/retirement/survivor-benefit-plan
Uniformed Services Former Spouse Protection Act:www.soldierforlife.army.mil/retirement/usfspa
Soldier for Life Transition Assistance Program:(800) 325-4715; <https://www.sfl-tap.army.mil/>
Veterans Administration:www.va.gov

- To obtain information regarding ~ Compensation, pension benefits and rate tables
~ VA Health account
~ Order Prescription Medications
~ VGLI Information
~ Other VA Benefits and Program Information

VA Benefits Online Application:vabenefits.vba.gov

Army Retiree Mobilization:1-800-318-5298
Combat Related Special Compensation (CRSC):1-866-281-3254
DEERS Eligibility—DMDC Center.....1-800-538-9552
Fort Sill Casualty Assistance (OK and AR):580-442-6405/4014/4055
Fort Sill I.D. Card Appointment Line:580-442-5010
Legal Assistance:580-442-5058/5059
MEDICARE:1-800-633-4227
RAHC Appointment:1-833-286-3732
RAHC Pharmacy:1-833-286-3732 (Press option 3)
PTSD Information Line:802-296-6300
Reserve Retirements:1-800-318-5298
Retired Pay/DFAS:1-800-321-1080
Social Security Administration:1-800-772-1213
Retirement Services Office:580 442-2645/6131/4251

E-mail Update Form



Receive the Retirement Services Office Newsletter by E-mail

If you would like to start receiving the Fort Sill RSO Newsletter annually by email, usually in July, please fill out the information below and bring it with you to the Retiree Appreciation Days Open House, or mail it to:

**Department of the Army
AMIM-SIH-MRS
Retirement Services Office
4700 Mow Way Road, Suite 123N
Fort Sill, OK 73503**

Name: _____

Mailing Address: _____

(City, State, Zip) _____

Phone Number: _____

E-mail Address: _____

We are asking for your phone number and mailing address in case the email does not go through.