



## TRICARE Reserve Select Information Paper

TRICARE Reserve Select (TRS) is Low Cost Quality Health Care for You and Your Family That You Can Take Advantage of Today!

TRICARE Reserve Select is a premium-based health plan that qualified National Guard and Reserve members may purchase (the TRICARE Dental Plan (TDP) is also available).

**\*Costs and Fees:** Member Only = \$81/mo, Member and Family = \$253/month (reevaluated annually).

**\*Covered Services:** TRS coverage is similar to TRICARE Standard and TRICARE Extra. Covered services include, but are not limited to: **Annual eye exams; Behavioral health care; Emergency and urgent care; Immunizations and health screenings; Maternity care; and Prescription drug coverage.** After you purchase TRS, you will receive a TRICARE Reserve Select Handbook with details about covered services, how to get care, and who to contact when you need assistance. For additional information, visit [www.tricare.mil](http://www.tricare.mil) and click on "Overview." Then, click on "TRICARE Plans" and "TRICARE Reserve Select" for more details about TRS.

\*See TRS and TRICARE Dental plan brochures for detailed information concerning deductibles, coverage, and limits. In addition to TRS, those eligible may also enroll in the TRICARE Dental program for an additional premium.

### GA National Guard Points of Contact for TRICARE Reserve Select:

#### **GA Army National Guard**

Contact Your State TRICARE Reserve Select Representative:

GA ARNG: SFC Deborah Martin / 678-569-5351 / [deborah.martin@ga.ngb.army.mil](mailto:deborah.martin@ga.ngb.army.mil)

#### **GA Air National Guard**

Contact Your Servicing Military Personnel Flight (MPF):

116<sup>th</sup> ACW: MSgt Twiana Speaks / 478-201-1250 / [Twiana.Speaks@GAROB.ANG.AF.MIL](mailto:Twiana.Speaks@GAROB.ANG.AF.MIL)

165<sup>th</sup> AW: SMSgt Maurice Williams / 912-966-8694 / [Maurice.Williams@GASAVA.ANG.AF.MIL](mailto:Maurice.Williams@GASAVA.ANG.AF.MIL)

### Enrolling in TRICARE Reserve Select (TRS) is a 2-step process...

**Step 1: Qualify:** To qualify, you must be a member of the Selected Reserve of the Ready Reserve, and you cannot be eligible for or enrolled in the Federal Employee Health Benefits (FEHB) program.

Log on to the Guard and Reserve Web Portal at: <https://www.dmdc.osd.mil/appj/trs/index.jsp>  
Follow the instructions. Print and sign the TRS Request Form (DD Form 2896-1). Once you qualify, you may purchase the plan at any time throughout the year, there are no tiers or open seasons.

**Step 2: Purchase:** Mail or fax your completed TRS Request Form along with the first month's premium payment to your regional contractor within the specified deadline. You must submit an initial payment equal to one month's premium with your completed TRS Request Form to begin coverage. After the initial premium payment, your regional contractor will bill you by the 10th of each month. Payments are due no later than the 30th of each month, and payments are applied to the following month of coverage. Failure to pay premiums by the date due will result in termination of coverage and a one-year lockout.

### TRICARE Informational Websites:

<http://www.tricare.mil/mybenefit/home/overview/Plans/ReserveSelect> / TRS Website

<http://www.tricare.mil/mybenefit/home/Dental/DentalProgram> / TRICARE Dental Program Info

<http://www.tricaredentalprogram.com/tdptws/home.jsp> / United Concordia TRICARE Dental Website

<https://www.dmdc.osd.mil/appj/trs/index.jsp> / TRS Qualification Website

<http://www.tricare.mil/tricaresmart/select-Product.aspx?CID=0&RID=2> / TRICARE News and Info