

STILL SERVING

VOLUME 15

EDITION 02

June 2015



RETIREE ACTIVITIES OFFICE



92 ARW/RAO, 7 W ARNOLD ST, FAIRCHILD, WA 99011

Fairchild AFB Retiree Appreciation Day (RAD)

is scheduled for

02 OCT 2015

from 0800 - 1400 hours (8:00 am - 2:00 pm)

Red Morgan Event Center, Bldg. 2452

Fairchild Air Force Base

The RAD provides a medical Health Fair supported by 92d Medical Group, service for Wills, general, special and medical powers of attorney, and answers to legal questions provided by lawyers from the SJA. There will also be a variety of service support agencies in attendance. All registered attendees are eligible for door prizes provided by AAFES and RAD supporters.

FROM THE DIRECTOR'S CORNER

I would like to remind all retirees to inform PPC (RAS) as soon as possible following changes of marital status (divorce, death, annulment, marriage, just to mention some), death of a designated SBP beneficiary, or any other changes which could impact retired pay. Additionally, when you make a change with DEERS it **does not** constitute a change to your Retired Pay account since DEERS is a totally different system from RAS.

Are you nearing your 65th birthday? When you turn 65, your medical benefits will change. MEDICARE will become your primary medical coverage and TRICARE FOR LIFE (TLF) pays secondary to MEDICARE. You **MUST** enroll in MEDICARE PART B to retain your TRICARE coverage. If you are within 90 days of your 65th birthday, you should log on to <http://www.ssa.gov> or <http://www.medicare.gov> to enroll in MEDICARE PART B. Additional information can be found on the TRICARE web site at http://www.tricare.mil/Welcome/Eligibility/MedicareEligible.aspx?sc_database=web or by telephone at: 1-

866-773-0404. You may also call the Defense Enrollment Eligibility Reporting System (DEERS) at 800-538-9552.

I wish to thank all of you who sent their email addresses to the Retiree Activities Office. I would appreciate it if you would pass the word along to anyone that you know that received a hard copy of this newsletter to send us their email address. In so doing, they will still continue to receive our newsletters. It is unfortunate but we can no longer send hard copies of the newsletter due to cost restraints.

Please e-mail us at rao.fairchild@us.af.mil. Remember to keep us updated when you change your preferred e-mail address.

If you don't have access to e-mail please contact the RAO office at 509-247-5359. Thank you for your support.

Courtesy Army Echoes

NEWS FROM DFAS

Kate Horrell of Military.com

A couple of news items pertaining to the Defense Finance and Accounting Service (DFAS). None of these are long enough to make a whole post, but they still warrant attention:

Email Address Changing

From time to time, DFAS sends out emails that contain important information pertaining to your pay account. These are called "SmartDocs" emails because of the email address used as the sender. The sending email address is changing on 16 May 2015. If you have spam controls set up on your mail, you should add the new address to your permitted list so that you don't miss anything. The new sender email address is DFAS-SmartDocs@mail.mil. This address is only used to send out bulk emails, please do not send anything important to the address as you will not receive a response.

Internet Explorer Must Be Updated

Effective 21 April 2015, myPay users who access their accounts through the Internet Explorer web browser must have Internet Explorer version 8 or higher in order to access their accounts. Earlier version do not have the necessarily security protocol and attempts to

log on with earlier versions of Internet Explorer will be denied.

Not sure what version you're running? Look in Internet Explorer's Help or Settings menu and select the "About" link. In the same pop-up box that tells you what version you are using, there is a check box to keep your browser updated. Use this if you are using an outdated version.

Retiree Pay Verifications

While military retirees have been able to access [Retiree Account Statements](#) for some time, they don't always satisfy the needs of banks or other lenders when you're applying for a mortgage or other large loan. Now, military retirees with a myPay account can get an official pay verification letter, on DFAS letterhead, to print as necessary.

Don't have a myPay account? I encourage you to set one up. It provides access to all your pay and tax information without having to call or mail requests. You can also change beneficiaries, set up tax withholding, manage allotments, and more.

DFAS and the myPay system are awesome tools for keeping on top of your pay situation. Make sure you've got access so that you can do the things that you need to do.

DISCLAIMER: The Still Serving Newsletter is an unofficial publication written, edited and published by the Fairchild AFB Retiree Activities Office. The publication is for the convenience of the retiree population to include **retirees, their spouses and dependent family members**. While every effort is made to verify the information in this newsletter, neither the editor nor the RAO staff can guarantee the accuracy of information received from outside sources. The editor reserves the right to reduce the length of material to fit the space available. Comments may be directed to the Retiree Activities Office, 92 FSS/RAO, 7 W Arnold St, Suite 109, Fairchild AFB, WA 99011. (509) 247-5359

Jim R. Smith - Editor
SGM, USA (RET)

TURNING 65: TRICARE AND MEDICARE

From a TRICARE fact sheet with the same name, dated Dec. 2013. For additional information, please visit www.tricare.mil.

It's important to know how Medicare affects your TRICARE coverage as you approach age 65, and make your Medicare elections.

REMAINING TRICARE-ELIGIBLE

If you are entitled to premium-free Medicare Part A, you must also have Medicare Part B to keep TRICARE, regardless of your age or place of residence (some exceptions are discussed in the Delaying Part B Enrollment section below). Once you have both Part A and Part B, you automatically receive TRICARE benefits under TRICARE For Life (TFL). Keeping your information in the Defense Enrollment Eligibility Reporting System (DEERS) up to date is key to ensuring effective, timely delivery of your TRICARE benefits.

SIGNING UP FOR MEDICARE

The month you were born determines when you become Medicare-eligible and when you should visit a Social Security Administration (SSA) office to sign up for Medicare Part A and Part B. See the guidelines that follow and avoid late-enrollment premium surcharges:

- If you were born on the first day of the month, you become eligible for Medicare on the first day of the month before you turn 65. Sign up for Medicare between two and four months before the month you turn 65. Your TFL coverage begins on the first day you have both Medicare Part A and Part B coverage.
- If you were born after the first day of the month, you become eligible for Medicare on the first day of the month you turn 65. Sign up for Medicare between one and three months before the month you turn 65. Your TFL coverage begins on the first day you have both Medicare Part A and Part B coverage.

If you live in the United States or U.S. territories (American Samoa, Guam, the Northern Mariana Islands, and the U.S. Virgin Islands) and you already receive benefits from the SSA or the Railroad Retirement Board, you will automatically receive Medicare Part A and be enrolled in Part B at age 65.

In Puerto Rico, Medicare Part A is automatic for those already receiving benefits from SSA; however,

Medicare Part B is not. Individuals must sign up for Medicare Part B in Puerto Rico.

If you live outside the United States and U.S. territories, you must apply for Medicare even if you already receive benefits from SSA or the Railroad Retirement Board.

PREMIUM-FREE MEDICARE PART A

You are eligible for premium-free Medicare Part A if you worked and paid Social Security taxes for at least 10 years (40 quarters total). If you are not eligible through your own work history, you may be eligible for premium-free Part A through your current, divorced, or deceased spouse. If you are not eligible for premium-free Part A through your own or your spouse's work history, please contact TRICARE to learn how to remain TRICARE-eligible after you turn 65.

ALREADY ENROLLED IN MEDICARE

If you are already entitled to Medicare due to a medical condition or disability, your Medicare coverage will continue without interruption after you turn 65. If you are paying a premium surcharge for late enrollment in Medicare Part B, it will be removed when you reach age 65. If you are entitled to Medicare Part A, but do not have Medicare Part B, you will be automatically enrolled in Medicare Part B.

DELAYING PART B ENROLLMENT

If you have group health plan coverage based on current employment, you can sign up later for Part B during a Medicare special enrollment period within the eight months following either (1) retirement or (2) the end of group health plan coverage, whichever comes first. However, without Medicare Part B, you are ineligible for TRICARE.

If you are entitled to premium-free Medicare Part A, you must also have Part B to remain TRICARE-eligible, even if you have group health plan coverage based on current employment. Sign up for Part B before you stop working or lose group health plan coverage to avoid a break in TRICARE coverage. Your TFL coverage begins on the first day you have both Medicare Part A and Part B.

PROVIDERS

Under TFL, you can get care from Medicare-participating, nonparticipating, and opt-out providers. Medicare-participating providers agree to accept the Medicare-approved amount as payment in full. Medicare nonparticipating providers do not accept the

Medicare-approved amount as payment in full. They may charge up to 15 percent above the Medicare-approved amount, a cost that will be covered by TFL. Providers who opt out of Medicare and enter into private contracts with patients are not allowed to bill Medicare. Therefore, Medicare does not pay for health care services you receive from opt-out providers. When you see an opt-out provider, TFL pays the amount it would have paid (normally 20 percent of the allowable charge) if Medicare had processed the claim; you are then responsible for paying the remainder of the billed charges.

Veterans Affairs (VA) providers cannot bill Medicare, and Medicare cannot pay for services received from VA. If you are eligible for both TFL and VA benefits and elect to use your TFL benefit for non-service connected care, you will incur out-of-pocket expenses when seeing a VA provider. By law, TRICARE can only pay up to 20 percent of the TRICARE-allowable amount. If you receive care at a VA facility, you may be responsible for the remaining liability. If you want to seek care from a VA provider, check with Wisconsin Physicians Service (WPS) to confirm coverage details and to determine what will be covered by TRICARE by calling (866) 773-0404 or visiting www.TRICARE4u.com.

TFL beneficiaries can receive care at military hospitals and clinics on a space-available basis. You may also be able to participate in TRICARE Plus, a program that allows certain beneficiaries to enroll at military hospitals or clinics and have priority access to primary care.

Under TFL, Medicare is the primary payer in areas where Medicare is available (the United States and U.S. territories), and TRICARE pays last. TRICARE is the primary payer for care received overseas unless you have other health insurance and Medicare pays nothing.

PRESCRIPTION DRUG COVERAGE

There is usually little or no benefit to purchasing a Medicare prescription drug plan if you have TRICARE. As long as you remain TRICARE-eligible, you do not need Medicare Part D.

UPDATE DEERS WHEN YOU HAVE A LIFE CHANGE:

Courtesy Tricare Fact Sheet

The Defense Enrollment Eligibility Reporting System (DEERS) is the database for all active duty, National Guard and Reserve and retired service members

worldwide, their family members and others who are eligible for military benefits, including TRICARE. The Department of Defense uses the information in your DEERS record to determine your eligibility for TRICARE benefits and programs, as well as your TRICARE region.

TRICARE eligibility shows in DEERS when your records are up to date. Keeping your DEERS information current helps ensure you can access TRICARE benefits, including doctors' appointments, medications and claims reimbursements.

Remember to update your DEERS information regularly, especially when you have life-changing events such as moving, getting married or divorced or having a child. Only sponsors (or sponsor-appointed individuals with valid power of attorney) can add family members in DEERS. *(Continued on next page)*

When there is a change in information, each family member's DEERS record must be updated separately. Family members age 18 and older may update their own contact information. For more information, visit www.tricare.mil/deers.

Register New Spouses and Children in DEERS

It is extremely important for sponsors to register new spouses and children in DEERS to ensure TRICARE eligibility. To register a new spouse or child in DEERS, the sponsor needs to provide a copy of the marriage or birth certificate and/or adoption papers to the nearest uniformed services identification (ID) card-issuing facility (or DEERS representative in remote locations). To find an ID card-issuing facility, visit www.dmdc.mil/rsl. New spouses and children are also required to show two forms of ID (e.g., any combination of Social Security card, driver's license, birth certificate and/or adoption papers, current uniformed services ID card or Common Access Card). DEERS registration must be complete before enrolling a new spouse or child in TRICARE Prime or TRICARE Prime Remote for Active Duty Family Members. Contact your regional contractor for enrollment assistance.

Update DEERS after a Divorce

Sponsors must update DEERS when there is a divorce. For information about documentation requirements, call your nearest uniformed services ID card-issuing facility. Visit www.dmdc.mil/rsl to find a facility in your area.

Former spouses who have not remarried and may be eligible for continued benefits can check with the

sponsor's service to verify eligibility and what documentation is necessary.

Former spouses who are not eligible for TRICARE may not continue seeking health care services under the TRICARE benefit. If an ineligible former spouse continues to seek TRICARE coverage for health care services, the former spouse and/or the sponsor may have to reimburse TRICARE for those services.

WWII VETERAN REUNITES WITH AIRCRAFT

*by 2nd Lt. Shelley Gregory
92nd Air Refueling Wing Public Affairs*



Retired U.S. Air Force Lt. Col. Alston Daniels stands proudly outside of a C-47D Skytrain on static display at Fairchild AFB, Wash. April 7, 2015. Daniels flew the C-47 during World War II and calls it his favorite plane of the 10 he flew throughout his career. (U.S. Air Force photo/Staff Sgt. Alex Montes)

4/13/2015 - **FAIRCHILD AIR FORCE BASE, Wash.** - Reunions between old friends are typically full of joy, laughter and shared memories -- especially when more than 50 years have passed between meetings.

For World War II veteran, Lt. Col. Alston "Al" Daniels, the reunion with the aircraft he piloted for nearly 2,000 hours, was no different. On April 7, 2015, Daniels gleefully walked up the steps to a Douglas C-47D Skytrain cockpit for the first time since 1962.

"I never expected an opportunity like this," Daniels said.

Now a resident of Cheney, Washington, Daniels mentioned to his family one night while playing cards

that he would like to visit his old plane. His son-in-law, retired Air Force Col. Michael Billings, a former 92nd Operations Group commander here, contacted the wing historian, Jim O'Connell, and made arrangements for the aging aircraft to be reopened allowing Daniels an afternoon to recollect.

When Daniels sat in the pilot's seat once more, the moods of those involved matched the sunny environment outside. He and his family spent time in and around the plane recalling their favorite memories of his time in the service.

He began his career as a cadet in the Army Air Corps in 1942 at Mather Field, California. After graduating from Basic Flight Training in February 1944, he entered Advanced Flight Training in Stockton, California. Later, he earned his commission and was sent to Troop Carrier Transition Training in Alliance, Nebraska, where he first flew the C-47.

In November 1944, Daniels arrived in Sienna, Italy to support the combat mission in WWII. He was assigned with the 8th Troop Carrier Squadron, which actively supported Italian troops operating behind German lines. Daniels also flew gasoline in 55-gallon drums to General Patton's Third Army when their tanks ran dry while in hot pursuit of the Germans during the Battle of the Bulge.

At the conclusion of WWII, Daniels was assigned to Templehof Airdrome in Germany as a member of the European Transport Service and returned to the United States in 1946.

Of the 10 planes Daniels flew throughout his career, the C-47 was his favorite. It is the one in which he had the most memorable experiences.

"In nearly 2,000 hours, I lost one engine and flew the old bird, on and off, from the time I got my wings until I was grounded," said Daniels.

The C-47, affectionately called the "Gooney bird," is one of eight aircraft on static display at Fairchild Air Force Base's Heritage Airpark. It was stationed at Fairchild during the 1940s and 1950s for airlift and training.

"It was great to get back in the cockpit and look around," Daniels said. "I was very careful and very lucky as a pilot, and to Airmen today, I say continue to do your duty and obey orders."

FAIRCHILD COMMISSARY RECEIVING WI-FI CAPABILITY FOR ITS CUSTOMERS

by Scott King
92nd Air Refueling Wing Public Affairs

4/15/2015 – **FAIRCHILD AIR FORCE BASE, Wash.** -- Wi-Fi access for Fairchild Commissary patrons is scheduled to begin April 27 as the Defense Commissary Agency rolls out online service to stateside bases.

Through the Commissary Patron Internet Mobile System, DeCA will gradually open customer Wi-Fi access initially at all stateside commissaries to include Alaska, Hawaii and Puerto Rico.

Fairchild commissary management is excited to bring this service to their customers.

"Many of our customers have a smartphone or tablet with them so with free Wi-Fi, they will be able to access our website at www.commissaries.com, and find valuable tools to help them with their shopping," said Eric Quantock, Fairchild Commissary store director. "They can also access digital coupons for their commissary rewards card, find out our promotion items and get local commissary information."

Here are some things to know about access to a commissary's Wi-Fi connection:

- Anyone can access the store's Wi-Fi from the sales floor area
- Users must accept the DeCA's "terms of service" agreement
- Some websites are blocked
- Patrons with questions about access should contact the store's customer service representative

One frequent commissary patron is glad the service is coming to Fairchild.

"It's wonderful the service is coming," said Rosalee McElveen. "It will be convenient for people and it's the way in this new age."

The Fairchild commissary prides itself in saving its customers money.

"Giving customers additional information to help them make smarter decisions with their food budget and menus is a win for them as well as us," Quantock said. "They can find good deals with the swipe of their fingers and we can provide an even better shopping experience for them maximizing one of their biggest non-pay benefits - hopefully

customers will find this added feature as another plus to shop the commissary."

DeCA is rolling out CPIMS in two phases. The first involves commissaries with existing network infrastructure to support patron wireless traffic. The second will coincide with the agency's technical refresh of commissaries that don't have the system requirements to support patron Wi-Fi. The Wi-Fi deployment schedule has not yet been finalized, but DeCA will announce it as soon as possible.

Editor's Note: Some information in this article was provided by the Defense Commissary Agency.

DR YOUNG VS DR GEEZER

Unknown

An old geezer, who had been a retired farmer for a long time, became very bored and decided to open a medical clinic. He put a sign up outside that said: "Dr. Geezer's Clinic" - "Get your treatment for \$500 -- If not cured, get back \$1,000 -- Guaranteed."

Doctor "Young," who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000.

So he went to Dr. Geezer's clinic.

This is what transpired...

Dr. Young: "Dr. Geezer, I have lost all taste in my mouth." Can you please help me?

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young's mouth."

Dr. Young: Aaagh!! -- "This is gasoline!"

Dr. Geezer: "Congratulations! You've got your taste back. That will be \$500."

Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr Young: "I have lost my memory and I cannot remember anything."

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Doctor Young: "Oh no you don't, -- that's gasoline!"

Dr. Geezer: "Congratulations! You've got your memory back. That will be \$500."

Dr. Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr. Young: "My eyesight has become weak --- I can hardly see !!!!

Dr. Geezer: "Well, I don't have any medicine for that so... Here's your \$1000 back."

Dr. Young: "But this is only \$500..."

Dr. Geezer: "Congratulations! You got your vision back! That will be \$500."

Moral of story -- Just because you're "Young" doesn't mean that you can outsmart an old "Geezer" !!!!

DIVORCE HAS IMPACT ON SURVIVOR BENEFIT PLAN

Courtesy USAF Afterburner



Retirees who are enrolled in the Survivor Benefit Plan should notify the Defense Finance and Accounting Service of their divorce once finalized

"Acting quickly after a divorce can avoid many pitfalls such as premiums being deducted beyond the date of divorce," explains Tammy Hern, the Air Force's SBP program manager. "If the divorce decree contains no language mandating the retiree's need to elect former spouse coverage, "it is vital that he or she notify DFAS as soon as the divorce is final so SBP spouse coverage can be suspended and SBP premiums stopped."

Retirees within one year of the divorce must elect to convert spouse coverage to former spouse coverage when mandated by a court ordered divorce decree or if no court ordered requirement is imposed, the retiree may voluntarily cover the former spouse under the SBP. Failure to maintain SBP as instructed in the divorce decree may lead to contempt of court charges and require a lengthy Board for Correction of Military Record review to correct.

"Retirees who have SBP coverage must be familiar with the rules," Hern said. "A lack of knowledge is rarely a justifiable defense should a dispute arise. This is why we continue to publicize SBP information in the *Afterburner* and post in-depth details on the AF retiree website."

Retirees with suspended spouse coverage who remarry may elect to resume his/her prior level of SBP coverage, increase SBP coverage, or terminate spouse coverage for the new spouse within one year of the remarriage. Failure to notify DFAS of the new marriage within one year of remarriage will result in the prior level of coverage being automatically reinstated effective the date the new spouse becomes an eligible beneficiary.

For more information or help with changing SBP coverage, call 1-877-353-6807 to contact the SBP or casualty assistance representative at the nearest Air Force base.

HOW DO I AVOID PROBATE?

By Mary M. Benzinger, Esquire, Senior Attorney, Pentagon Army and Air Force Legal Assistance Office

In my last article, I explained what "probate" is. Basically, it's a court-administered process for finding a new owner for your assets after your death. Can it be avoided? Yes, it can.

First, make a list of your assets. Then ask, "Will any of these assets not have an owner at your death?" Any assets that are "orphans" at your death will have to be handled by the probate court. For example, if I'm the sole owner of a checking account, at my death no one will own it – it's an orphan. The probate court will have to find a new owner for it in accordance with my will (if I have one). But, if I own that account with my spouse as a joint account, at my death my spouse will automatically own the entire account. Because of the joint ownership and survivorship, it's not an orphan at my death, so no probate.

The simplest ways to probate-proof assets

- Some form of joint titling with right of survivorship. Caution: when you jointly title an asset with another you may be giving them ownership interests you cannot later withdraw and there may be gift issues. Before you do this, you should consult an attorney who can advise you of the effects of such action. Each state's laws are different and you should consult your local attorney for advice. A similar caution applies to each of these options.

- “Transfer on death” or similar beneficiary designations on bank/financial/insurance accounts. These designations do not change ownership during your lifetime but merely designate who the owner will be at your death (so it’s not an orphan). Because you’ve made a designation, the probate court is not needed for that asset. Note that in some states, a transfer on death or beneficiary designation can be done for certain motor vehicles and even real property.

- “Living trusts” – in the next article we’ll discuss how living trusts can be effectively used to avoid probate.

Active duty or retired service members and their ID card holder family members may be eligible for free legal assistance. For more information on modifying or updating your documents and to find a legal assistance office near you, call your nearest military installation or go to <http://legalassistance.law.af.mil/content/locator.php>.

E-PRESCRIBING

Courtesy Army Echoes

FALLS CHURCH, Va. — The Military Health System has deployed electronic prescribing in military pharmacies across its system of clinics and hospitals in the United States (and in Guam and Puerto Rico). This capability will allow civilian providers to send prescriptions electronically to military pharmacies, reducing the need for handwritten prescriptions.

“E-prescribing is a great new service at military pharmacies,” said Dr. George Jones, chief of the Defense Health Agency Pharmacy Operation Division. “E-prescribing makes military pharmacies a more attractive and convenient option for doctors and patients, and it aligns the Military Health System with current best pharmacy practices.”

E-prescribing is a safe and efficient option already adopted by most civilian pharmacies and providers. It can help reduce prescription errors and has the potential to decrease wait times at military pharmacies. When a prescription comes into a pharmacy electronically, it allows the pharmacist to resolve issues before the patient arrives.

Beneficiaries can ask their doctor to look for their local military pharmacies in the e-prescribing database/networks. Military hospitals and clinics will not be able to accept electronic prescriptions for controlled substances. Beneficiaries will still need a hand written prescription for these medications. To

learn more about TRICARE’s pharmacy benefits, visit the TRICARE website at <http://www.tricare.mil/pharmacy>.

TRICARE BENEFICIARIES BEING TARGETED BY CALL CENTERS AND OTHERS FOR UNSOLICITED MEDICAL PRESCRIPTIONS

4/10/2015 by Military Health System Communications Office

The Defense Health Agency, Office of Program Integrity (DHA-PI) has received a significant number of concerns from our TRICARE beneficiaries regarding unsolicited attempts by “Call Centers” to encourage them to provide personal identifying information and health information so that they can allegedly provide prescribed cream medications to the TRICARE beneficiary.

TRICARE and its contractors never call and ask for personal identifying information or health information. Beneficiaries should be wary of unsolicited attempts by any entity asking them for personal or health information, either by phone or in person.

The “Call Center” will normally cold call and say, “I am a representative calling from XYZ, we are calling to tell you about a benefit TRICARE will cover for you for a prescription pain cream you are eligible for. Do you have any of the following medical issues (list of issues) or pain? If so, TRICARE wants to get you taken care of, all we need are your Doctor’s name and your TRICARE information and we will contact your doctor and get these medications or supplies out to you immediately and submit a claim. ”

DHA PI strongly advises you to give NO information to these types of unsolicited request for your personal health information and personal identifying information. Often these “Call Centers” have identified what limited information they have through “google” searches or through individuals who have approached you independently and obtained information directly from you.

Should you receive a phone call for this information provide—NO information. Also, please immediately submit a Fraudline report to our Pharmacy Benefits contractor ESI. You can report the issue to Express Scripts Inc.

- Express Scripts Fraud Tip Hotline: 1-866-759-6139
- Email: TRICAREfraudtip@express-scripts.com

ESI can also flag your profile and reject attempts to bill for these medications. If you do receive unsolicited medication in the mail, you can refuse delivery.

Additionally, TRICARE has revised and published the following news article: [TRICARE Revises Compound Drug Coverage](#)

“SOURCE: HEALTH.MIL Press Release at <http://www.health.mil/News/Articles/2015/04/10/TRICARE-Beneficiaries-Being-Targeted-by-Call-Centers-and-Others>

TRICARE OFFERS NEW APPOINTMENT REMINDER OPTION

Courtesy of TRICARE News

3/26/2015 - **FALLS CHURCH, Va. (AFRNS)** -- New TRICARE Online, or TOL, enhancements allow people to schedule text and email appointment reminders for all appointments, regardless of the booking mechanism.

Whether booked via TOL, a military hospital or clinic's appointment call center, in person at the military hospital or clinic, or via Composite Health Care System personnel, text and email reminders can be scheduled to help manage family's medical appointments.

The appointment reminders are easy to set up, said officials. Just log in to TOL with a Common Access Card, Premium Department of Defense Self-Service logon, or Defense Finance and Accounting Service myPay logon and define up to three email addresses and mobile phone numbers. People will receive a confirmation message when booking the appointment, as well as a reminder up to 48-72 hours before the scheduled appointment time, and again, two hours before the scheduled appointment time. For a quick video tutorial on how to set up TOL appointment reminders, visit

<http://www.youtube.com/watch?v=zGnKjqdeqpQ>

TOL provides secure and convenient access to military hospital and clinic appointing, prescription refill and DOD Blue Button personal health data services. For more information about TOL visit www.tricareonline.com.

OFFICIALS ANNOUNCE NEW PRESCRIPTION WEBSITE

Courtesy of TRICARE News

5/27/2015 - **FALLS CHURCH, Va. (AFRNS)** -- The TRICARE Pharmacy provider, Express Scripts, has a new website at www.express-scripts.com/tricare containing enhanced features.

Beneficiaries can see all their current prescriptions, check their status, turn on or off the automatic refills, and order refills of their home delivery prescriptions. They will also see which prescriptions are currently on backorder, plus current and recent explanations of their benefits.

A revamped, more user-friendly version of the formulary search tool is available on the TRICARE Formulary Search Tool webpage at www.express-scripts.com/tricareformulary, said officials.

For more information on TRICARE pharmacy benefits, visit the TRICARE Pharmacy webpage at www.tricare.mil/pharmacy. (Courtesy of TRICARE News)

RETIREMENT DESTINATION GUIDE

Unknown

This is funny and basically true.
Retire to Phoenix, Arizona where...

1. You are willing to park 3 blocks away because you found shade.
- 2.. You've experienced condensation on your bottom from the hot water in the toilet bowl.
3. You can drive for 4 hours in one direction and never leave town.
4. You have over 100 recipes for Mexican food.
5. You know that "dry heat" is comparable to what hits you in the face when you open your oven door.
6. The 4 seasons are: tolerable, hot, really hot, and ARE YOU KIDDING ME??!!

OR

You can retire to California where...

1. You make over \$250,000 and you still can't afford to buy a house.
2. The fastest part of your commute is going down your driveway.
3. You know how to eat an artichoke.
4. You drive your rented Mercedes to your neighborhood block party.

5. When someone asks you how far something is, you tell them how long it will take to get there rather than how many miles away it is.
6. The 4 seasons are: Fire, Flood, Mud, and Drought.

OR

You can retire to New York City where...

1. You say "the city" and expect everyone to know you mean Manhattan.
2. You can get into a four-hour argument about how to get from Columbus Circle to Battery Park, but can't find Wisconsin on a map.
3. You think Central Park is "nature."
4. You believe that being able to swear at people in their own language makes you multi-lingual.
5. You've worn out a car horn.
6. You think eye contact is an act of aggression.

OR

You can retire to Minnesota where...

1. You only have four spices: salt, pepper, ketchup, and Tabasco .
2. Halloween costumes fit over parkas.
3. You have more than one recipe for casserole.
4. Sexy lingerie is anything flannel with less than eight buttons.
5. The four seasons are: winter, still winter, almost winter, and construction.

OR

You can retire to the Deep South where....

1. You can rent a movie and buy bait in the same store.
2. "Y'all" is singular and "all y'all" is plural.
3. "He needed killin" is a valid defense.
4. Everyone has 2 first names: Billy Bob, Jimmy Bob, Mary Ellen, Betty Jean, Mary Beth, etc. etc.
5. Everything is either "in yonder," "over yonder" or "out yonder." It's important to know the difference, too.

OR

You can retire to Colorado where....

1. You carry your \$3,000 mountain bike atop your \$500 car.
2. You tell your husband to pick up Granola on his way home and so he stops at the day care center.
3. A pass does not involve a football or dating.
4. The top of your head is bald, but you still have a pony tail.

OR

You can retire to the Midwest where...

1. You've never met any celebrities, but the mayor knows your name.

2. Your idea of a traffic jam is ten cars waiting to pass a tractor.
3. You have had to switch from "heat" to "A/C" on the same day.
4. You end sentences with a preposition: "Where's my coat at?"
5. When asked how your trip was to any exotic place, you say, "It was different!"

OR

FINALLY you can retire to Florida where...

1. You eat dinner at 3:15 in the afternoon.
2. All purchases include a coupon of some kind -- even houses and cars.
3. Everyone can recommend an excellent dermatologist.
4. Road construction never ends anywhere in the state.
5. Cars in front of you often appear to be driven by headless people

AIR EVACUATION COVERED WHEN MEDICALLY NECESSARY TO NEAREST, SAFEST PLACE

Courtesy of TRICARE News

2/18/2015 - **FALLS CHURCH, Va. (AFRNS)** - Following retirement from active service, many retirees and retiree family members decide to travel or live overseas. If they do, it is important they understand that if they need air ambulance services (aeromedical evacuation or "air evac"), TRICARE only pays if the transport is medically necessary and to the closest, safest location for medical care.

Retirees overseas have to pay for the service upfront and then file a claim for reimbursement, said TRICARE officials. TRICARE won't cover the cost for non-medically necessary air evacuation and won't move a patient to a location of their choosing.

TRICARE won't pay to move a retiree or retiree family member from overseas back to the United States unless the medically necessary care is not available in their current location or the U.S is the closest location that can provide the necessary care. If retirees want to return to the U.S. from overseas for personal reasons (e.g., to be closer to family), they pay the air ambulance company and TRICARE won't reimburse them. Air ambulance service can be very expensive, said officials. People planning to live or travel overseas may wish to consider other options for coverage of air transport for circumstances not covered by TRICARE.

For more information about receiving care overseas, visit the TRICARE Overseas Program page at <http://www.tricare.mil/Plans/Enroll/TPO.aspx>.

HOW SENIORS COPE WITH COMPUTER PROBLEMS

Unkown

As we Silver Surfers know, sometimes we have trouble with our computers.

I had a problem yesterday, so I called Eric, the 11-year-old next door, whose bedroom looks like Mission Control, and asked him to come over.

Eric clicked a couple of buttons and solved the problem.

As he was walking away, I called after him, 'So, what was wrong?

He replied, 'It was an ID ten T error.'

I didn't want to appear stupid, but nonetheless inquired, 'An, ID ten T error? What's that? In case I need to fix it again.'

Eric grinned. 'Haven't you ever heard of an ID ten T error before?

'No,' I replied.

'Write it down,' he said, 'and I think you'll figure it out.'

So I wrote down:

ID10T

I used to like Eric, I've now changed my mind.

COMMISSARY REWARDS CARD HELPS PATRONS SAVE

Courtesy Army Echos

FORT LEE, Va. – Customers looking to save even more than the usual 30 percent on their groceries can reach for their personal plastic: the Commissary Rewards Card. The Defense Commissary Agency's digital coupon redemption system allows commissary patrons to access and clip coupons and store them on their card to be scanned at the store.

Customers have several ways to access the digital coupons. There are two apps – one for iPhone/iPad and one for Android – both of which allow for on-the-go coupon clipping. The apps also feature information on the commissary closest to the customer along with promotions and contests. There is also a website for those who prefer to use a computer to track their coupons. The site is

<http://www.commissaries.com/rewards/> .

For quick tips on using the Commissary Rewards Card, check out the following easy steps:

- Get a rewards card at any military commissary.
- Register the card.
- "Clip" or download coupons to your account (they are automatically loaded to your card).
- Print a list of your coupons and bring it and your card with you on your next shopping trip.
- Present your card at checkout so the cashier can scan it for coupons that match your purchased items.
- Digital coupons are automatically erased from the account as they are redeemed or if they expire.

A LASTING LEGACY: THE 92ND BOMB WING AND THE STRATEGIC AIR COMMAND EMBLEM.

Mr. Jim O'Connell, 92 ARW Historian

Throughout its history, Fairchild Air Force Base has been assigned to a variety of commands. These include Air Services Command, Army Air Force Materiel Services Command, Air Technical Services Command, Air Materiel Command, Strategic Air Command, Air Combat Command, and Air Mobility Command.

Of all these, Fairchild AFB spent the majority of the time under the SAC emblem. The base was transferred to Strategic Air Command on 1 September 1947 and remained a SAC base for 46-years until 1 Jun 1992. On that date, Fairchild AFB was reassigned to Air Combat Command. The final move transferred the base to Air Mobility Command on 1 July 1994.

During its tenure in SAC, the wing's B-29s, B-36s B-52s, and KC-135s played integral roles in the nation's nuclear deterrence mission. The base's B-52s went on 24-hour alert beginning on 7 January 1958 and remained on continuous nuclear alert until 28 September 1991. The KC-135s joined the alert force in early 1958.

While the aircraft and their mission played an integral role, an Airman from the 92d Bomb Wing also made a lasting contribution to SAC's legacy. In late 1951, Strategic Air Command held a command-wide contest to design its emblem and the winner was a 92d Bomb

Wing Airman, Staff Sergeant R.T. Barnes. He was a senior operations intelligence specialist who worked in the Wing Intelligence office. One of his responsibilities was to design posters and displays seen throughout the briefing room area. A recalled reservist, Barnes formerly attended the California College of Arts and Crafts. He planned to return to the college after his release from service to complete his art education and obtain a teaching certificate.

His iconic design won in the SAC-wide contest from a field of 65 entries. Designs were judged on artistic conception of SAC's mission. The judges were: General Curtis E. LeMay, Commander-In-Chief, Strategic Air Command (CINCSAC); General Thomas S. Power, Vice Commander-In-Chief, Strategic Air Command; and Brigadier General A. W. Kissner, Chief of Staff, Strategic Air Command. Staff Sergeant Barnes' winning design netted him a \$100 United States Savings Bond.

MOVED? CHANGED YOUR EMAIL ADDRESS?

Courtesy Army Echoes

To ensure you receive your Military Branch Retiree Newsletter and all of your notifications from the Defense Finance and Accounting Service (DFAS), you must keep DFAS updated when your mailing address or email address changes. Don't send any changes of address or email to the Retiree Activities Office (RAO)!

You'll surely want to know about changes or notifications involving your income tax withholding, Survivor Benefit Plan, Arrears of Pay beneficiary, and, of course, your retired or annuitant pay. The fastest and surest way to update DFAS is to use **myPay** (<https://mypay.dfas.mil/mypay.aspx>). You can also call DFAS at (800) 321-1080.