

# HILL AIR FORCE BASE RETIREE ACTIVITIES OFFICE



## Newsletter—July-September 2012

The Air Force Retiree Services web site is [www.retirees.af.mil](http://www.retirees.af.mil)

### *From the Director...*

This year's Retiree Appreciation Day sponsored by the 75th Air Base Wing at Hill AFB is scheduled for Sept. 28, 2012. It will be held from 8:30 a.m. until 3 p.m. in The Landing (formerly "Club Hill"), Bldg. 450. Many of the pieces are still being put together and the tentative schedule of events is posted on Page 3 of this newsletter.



We expect this Retiree Appreciation Day to be an even larger event than last year so plan on coming to learn of the benefit, entitlements and programs available to you in this area. Lt. Col. John Lannefeld, USAF (Ret) representing the Air Force Retiree Council will present the issues raised at this year's Council meeting held this past May. His presentation is stocked with information regarding the future of health care, retiree pay, and other entitlement programs near and dear to the retiree community.

Air Base Wing representatives will cover all of the programs and benefits available to the retiree at Hill AFB and the Defense Finance and Accounting Service (DFAS) will once again be here to handle all of your personal issues regarding direct deposit, beneficiary updates, and address changes. Hopefully, we will not misplace the DFAS representative's presentation slides this year. In addition, we will have other a number of representatives from associations and organizations who will be able to answer your questions on an individual basis. There is a tentative list of agencies on Page 2 but more are being added. Come to hear the presentations or just visit the information tables at your leisure.

We hope you find the information presented at the Appreciation Day as well as the information passed in these newsletters informative and of value to you. We are also fortunate to have a member of the Air Force Retiree Council. Please inform him of the issues which are important to him so that your views may be represented when the Retiree Council meets.

As always, remember many activities and functions at Hill AFB are augmented by and require the continued support of the retiree community. Volunteers are always needed. If you can spare some time, please check out the volunteer opportunities on base and volunteer to help. You can contact us at the Retiree Activities Office by phone 801-777-5735 or e-mail [retact@hill.af.mil](mailto:retact@hill.af.mil) or you can call the Base Volunteer Coordinator, Craig Nielsen, at 801-777-4044 for a complete list of volunteer opportunities.

Hill AFB RAO Newsletter is published electronically each quarter. Printed copies may be obtained from the RAO office located in Bldg. 430 (old BX—next to the commissary)

John Lannefeld— Newsletter Editor

RAO Volunteers: Ed Anderson, Sam Brooks, Art Kassell, Beverly Olsen, Don Pantone, Dan Rutledge, and Robert Willbanks, John Maginnis and Neil Poulsen

*Dan Petrizzo*



## Toll-Free Phone Numbers

Defense Finance and Accounting Service: 800-321-1080  
Casualty Assistance: 877-353-6807  
Total Force Service Center: 800-525-0102  
Veterans Affairs: 800-827-1000



## Online Web Links

Air Force Retirees: <http://www.retirees.af.mil>  
AF Wounded Warrior: <http://www.woundedwarrior.af.mil>  
Veterans Affairs: <http://www.va.gov>

**RESOURCES**

## Air Force Retiree Home's and Foundations

**Air Force Enlisted Village.** The village's primary goal is to offer housing and financial assistance to widows/surviving spouses of retired members. The village also offers housing to retired enlisted couples of the Air Force and Air National Guard who receive full retirement benefits and meet the eligibility criteria. For more information call 1(800)258-1413, Ft Walton Beach Florida.

**Air Force Village West.** Located in California, it is a military-oriented care retirement community serving officers of all branches of service. It is a full-service village designed for a wonderful lifestyle, comfortable housing and long-term health care. Any retired officer, spouse or widow holding an ID card (DD Form 2) is a candidate for residency at the village. The minimum residency age for the qualifying individual is 60 years. For additional information, write to the Air Force Village West, 17050 Arnold Drive, Riverside California 92518 or call 1(800)729-2999.

**Air Force Village Foundation.** The Air Force 1 and 11, in San Antonio, Texas, provides financial support and homes to widows and widowers of Air Force active and retired officers who would otherwise have no other place to live. Widows and widowers without financial means have priority for admission, and no one has ever been turned away for inability to pay. The widow and widower must be age 62 or over to become a permanent resident. The villages also offer a furnished apartment to a surviving spouse and children for up to a year to gather their lives following the death of an officer. For additional information on Air Force Villages 1 and 11, write to the Air Force Village Foundation, 5100 John D. Ryan Blvd, San Antonio, Texas 78245-3502, or call them toll free at 1(800)762-1122.

**Air Force Enlisted Men's Widows and Dependents Home Foundation Inc:** Widowed spouses over age 55 of Air Force enlisted members are eligible for residency. Residents pay for housing and service, although a primary purpose of the Foundation is to provide care for needy, eligible persons. For information, write to the Air Force Men's Widows and Dependents Home Foundation, 92 Sunset Lane, Shalimar, Florida 32579-1000, or call them at (904)651-3766.

**The General and Mrs. Curtis E. LeMay Foundation:** It can be confusing, frightening and heart-breaking to lose a spouse and find little, if any, financial resources and not know where to turn. The LeMay Foundation can be there to ease the burdens of everyday life. The Foundation can help with monthly supplemental grants to assist with food, rent, utilities and for some, health care. For additional information write to the General and Mrs. Curtis LeMay Foundation, 17050 Arnold Drive, Riverside, California 92518 or call them at (909)697-2099.

# 75th ABW Retiree Appreciation Day

Friday, Sept. 28, 2012

*(Tentative Agenda)*



8:30 a.m.	Registration
9 a.m.	Call to Order/Welcome
9:05 a.m.	Post Colors/National Anthem
9:10 a.m.	Invocation
9:15 a.m.	Keynote Speaker
10 a.m.	75th Medical Group
10:20 a.m.	Tricare/Tricare for Life
10:30 a.m.	Tricare Retiree Dental
10:35 a.m.	Defense Finance and Accounting Service (DFAS)
10:45 a.m.	Veterans Administration
11 a.m.	75th Mission Support Group
11:20 a.m.	Commissary
11:30 a.m.	AAFES/BX
11:40 a.m.	Drawings/Prizes

Information tables and exhibits will be open from 10 a.m. until approximately 2 p.m. Representatives will be prepared to answer your questions. As last year, we anticipate being able to offer glucose and blood screening as well as sign up opportunities for hearing tests. At present, we anticipate the following organizations being represented and more being added.

Air Force Sergeants Association	Non-Appropriated Funds (NAF Employment)
Air Force Association	Airmen and Family Readiness
Military Officers Association of America	America First Credit Union
Social Security Administration	Wells Fargo
Veterans Administration	Base Library
Utah Department of Veterans Affairs	Education Center
Hill Aerospace Museum	Base Legal
Base Chapel	75th Force Support Squadron
Pharmacy	George E. Wahlen Ogden Veterans Home
Utah Department of Natural Resources	Utah State University Cooperative Extension
AAFES/BX	Health and Wellness Center (HAWC)
Commissary	United States Department of Agriculture
Tricare/Tricare for Life	Veterans of Foreign Wars
Tricare Retiree Dental	American Legion
USAA	Civil Air Patrol

# Changing of the Guard.....

## Thank you General Schwartz-

General Norton A. Schwartz is Chief of Staff of the U.S. Air Force, Washington, D.C. As Chief, he serves as the senior uniformed Air Force officer responsible for the organization, training and equipping of nearly 700,000 active-duty, Guard, Reserve and civilian forces serving in the [United States](#) and overseas. As a member of the Joint Chiefs of Staff, the general and other service chiefs function as military advisers to the Secretary of Defense, National Security Council and the President.

General Schwartz graduated from the U.S. Air Force Academy in 1973. He is an alumnus of the National War College, a member of the Council on Foreign Relations, and a 1994 Fellow of Massachusetts Institute of Technology's Seminar XXI.

He has served as Commander of the Special Operations Command-Pacific, as well as Alaskan Command, Alaskan North American Aerospace Defense Command Region, and the 11th Air Force. Prior to assuming his current position, General Schwartz was Commander, U.S. Transportation Command and served as the single manager for global air, land and sea transportation for the Department of Defense.

General Schwartz is a command pilot with more than 4,400 flying hours in a variety of aircraft. He participated as a crewmember in the 1975 airlift evacuation of Saigon, and in 1991 served as Chief of Staff of the Joint Special Operations Task Force for Northern [Iraq](#) in operations [Desert Shield and Desert Storm](#). In 1997, he led the Joint Task Force that prepared for the noncombatant evacuation of U.S. citizens in Cambodia.



## Welcome General Welsh-

General Mark A. Welsh III is the incoming Chief of Staff. He will assume command later this summer. He is currently Commander, U.S. Air Forces in Europe; Commander, Air Component Command, Ramstein; and Director, Joint Air Power Competency Center, Ramstein Air Base, Germany.

He is responsible for Air Force activities, conducted through 3rd Air Force, in an area of operations covering almost one-fifth of the globe. This area includes 51 countries in Europe, Asia and the Middle East, and the Arctic and Atlantic oceans with a total population reaching nearly one billion people speaking more than 80 Prior to his current position he was languages. He also has administrative control of 17th Air Force, providing support, logistics and resources to U.S. Africa Command.

General Welsh was born in San Antonio, Texas. He entered the Air Force in June 1976 as a graduate of the U.S. Air Force Academy. He has been assigned to numerous operational, command and staff positions. He previously served as the Associate Director of the Central Intelligence Agency for Military Affairs, Central Intelligence Agency, Washington, D.C.



# Leadership at Hill.....

## *Colonel Sarah E. Zabel*

Colonel Sarah E. Zabel is Commander, 75th Air Base Wing, Hill Air Force Base, Utah. The wing provides installation support for Ogden Air Logistics Center, two fighter wings, and 61 other associate units, totaling 24,000 active duty, civilian and contractor personnel. Additionally, it directly supports Air and Space Expeditionary Forces operations. The 75th Air Base Wing also has base support responsibility for the operation of the 1,500-square-mile Utah Test and Training Range.

Colonel Zabel earned her commission from the U.S. Air Force Academy in 1987. Prior to serving at Hill Air Force Base she served as the Deputy Director, Cyberspace Operations on the Air Staff. She has also served in the communications career field as a computer security analyst, computer programmer, contract program manager and as a squadron commander. She deployed as Chief of C4 Operations, Plans and Engineering, to Al Udeid with the Central Command Air Forces (Forward). Colonel Zabel has also served as an Air Force Academy instructor; Aide-de-Camp to the Deputy Commander of U.S. European Command; and as a Mission Support Group commander.



## *Colonel Kathryn L. Kolbe*

Vice-Commander for 75th Air Base Wing, Hill Air Force Base, Utah is Colonel Kathryn Kolbe. Colonel Kolbe is a native of Pennsylvania. She earned her commission through the ROTC program at Lehigh University, Pa., in 1990, where she was a distinguished graduate. She has served in several base and major command level positions as a programmer and community planner, environmental engineer, readiness and operations flight commanders and a housing investment and privatization program manager.

Colonel Kolbe also served as an aide-de-camp and a legislative fellow in the United States Senate. Before coming to Hill AFB, she served as the Basing, Facilities and Environmental Division chief, United States Forces-Iraq J7 Directorate, responsible for base closure oversight as part of the Responsible Drawdown of Forces.



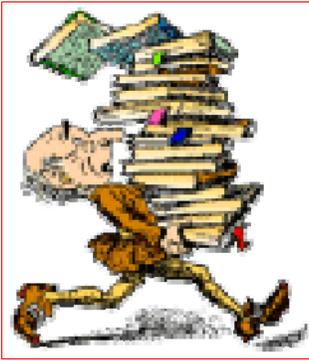
## *Major General Andrew E. Busch*

Commander, Ogden Air Logistics Center, Hill Air Force Base, Utah. The center provides worldwide logistics management, engineering, supply, contracting and depot maintenance for a wide variety of aircraft and munitions related platforms. He is responsible for the 75th Air Base Wing, 309th Maintenance Wing and the Aerospace Sustainment Directorate.

General Busch earned his commission in 1979 as a graduate of the U. S. Air Force Academy. He is a logistician with a core background in fighter aircraft maintenance. As an aircraft maintenance officer, he served in a variety of sortie production roles and commanded three maintenance squadrons and a maintenance wing.

He is also experienced in supply, transportation and acquisition issues at the wholesale logistics level. Prior to his current assignment, he was Commander, Richmond, Richmond, VA, a field activity of the Defense Logistics Agency.





## MORE STUFF.....

### GUARD MARKS BIRTHDAY

Air Force Lt. Gen. “Bud” Wyatt, director of the Air National Guard, helped the Guard mark its 374th birthday. “I’m sure those Guardsmen and soldiers in Massachusetts back in 1636 could not have imagined the missions that the Guard does today,” he said. “They would probably also be amazed to find that we now number close to half a million soldiers and airmen in service.

**FEWER VETERANS IN CONGRESS** - Congressional members with military service continued to decline in the 112th Congress. In the Senate, there are 25 veterans, including four military retirees, unchanged from the last Congress. In the House, there are 87 veterans (20 percent of voting members), including 10 military retirees, down from 94 in the 111<sup>th</sup> Congress.

**RESERVISTS ON THE JOB** - Roughly 10 percent of the Air Force’s 70,000 Reservists are on active duty today, according to CMSgt. Dwight Dale Badgett, command chief for Air Force Reserve Command. About 25 percent of US Air Forces in Europe airmen are deployed every day, and about 10 to 15 percent of Air Force Global Strike Command airmen are deployed to US Central Command, while AFGSC B-52 forces maintain a continual presence in Guam.

**STATISTICAL AIR FORCE** - The new fiscal year started with 329,638 airmen on active duty and 138,801 full-time Air Force civilian employees. Officers total 66,201, with an average age of 35. There are 263,437 enlisted members, with an average age of 29. Women are 19.2 percent of the force. Slightly more than 20 percent of the force is assigned overseas (including Alaska and Hawaii) and 59.2 percent of airmen are married.

**SUCCESSFUL ORBITAL VEHICLE** - The X-37B, first Air Force unmanned re-entry space vehicle, returned to Vandenberg AFB, Calif., after more than 220 days. The Orbital Test Vehicle One was tasked to perform risk reduction, experimentation, and concept development for reusable space vehicle technology. It completed all its on-orbit objectives. Plans are to launch the next unmanned space vehicle, OTV-2, this spring aboard an Atlas V booster.

# Air Force Retiree Council

The Air Force Retiree Council provides the link between members of the Air Force retiree community—retirees, family members and surviving spouses living throughout the world—and the Air Force Chief of Staff. It is comprised of two co-chairmen and 15 members representing retirees by geographical areas in the United States and overseas. Currently, there are two members-at-large appointed by the co-chairmen for their expertise in certain areas needed at the time of appointment. Annual meetings are held at Randolph Air Force Base, Texas.



The Retiree Council was established in 1972 with the first meeting in 1973. Effective in 1999, the Air Force Chief of Staff established co-chairmen. Incumbents are retired Lt. Gen Steven Polk and retired former CMSAF Rodney McKinley. The council co-chairmen are the Air Force chief of staff's liaison with the retired community and work directly for the chief. They chair the Air Force Retiree Council and meet annually at the Air Force Personnel Center to discuss retiree issues. Upon conclusion of the meeting, they report the council's findings directly to the chief.

The council is comprised of the co-chairmen, 13 members who represent geographic areas within the continental United States, and one member from the Pacific and European areas. There are 109 Retiree Activities Offices and each council member oversees the retiree activities programs within his/her respective areas of responsibility. The co-chairmen play an active role in the selection of members.

At the invitation of local commanders and Retiree Activities Office directors, the co-chairmen visit Air Force installations to speak about issues concerning retirees and their dependents. They maintain with many military associations and obtain their views on retiree matters.

Council members are responsible for annual visits to their assigned installations in support of the local Retiree Activities Office. The current council member for Area IV which includes Utah, Colorado, Wyoming and Nevada is Lt Col (ret) John Lannefeld. Colonel Lannefeld served thirty years with the Air Force, both active and reserve. His last assignment was as the Deputy Support Group Commander with the 419th FW at Hill Air Force Base.

# Survivor Benefit Plan

## Remarriage has impact on SBP coverage

A retiree who is providing Survivor Benefit Plan coverage for a spouse or a spouse and child will have the monthly coverage cost suspended if those beneficiaries become ineligible for coverage. A spouse loses eligibility on the date of divorce, or death. Children are eligible until age 18, or 22 if a full-time student. Marriage or military service at any age terminates a child's eligibility.

Retirees who remarry and have suspended their spouse-only or spouse and child coverage have the following options:

1. Spouse coverage can resume as before. By law, the new spouse will automatically become the eligible-beneficiary at the same level in effect for the previous spouse, adjusted by cost-of-living increases, on the first anniversary date of remarriage, or when a child is born as legal issue of the marriage; however, it is the member's responsibility to notify the Defense Finance and Accounting Service of the new marriage to prevent loss of options or premium debt accrual.

Other SBP options after a post-retirement remarriage:

**A.** Increase coverage (base amount) up to and including full retired pay. If a retiree selects this option, he or she must pay the difference between the SBP costs previously paid and the costs which would have been incurred if the new level of participation had been originally elected, plus interest. Any increase in premiums, with interest, must be paid before the first anniversary of the marriage. Payment of these premiums and interest must be completed before the spouse qualifies as an eligible beneficiary or the election increasing the coverage will be null and void.

**B.** Elect not to resume the spouse portion of coverage before the date the spouse becomes an eligible beneficiary. Elections under this option are effective upon receipt; however, notification must be received before the date that the spouse becomes an eligible beneficiary or the spouse coverage will automatically be resumed at the level of coverage for the previous spouse plus any cost-of-living increases.

**3. Election of either Option 2 or 3 above must be done before the first anniversary of the remarriage.** Notification of intent to select one of the above options must be accomplished by completing a DD

Form 2656-6, Survivor Benefit Plan Election Change Certificate. This certificate, along with a copy of the marriage certificate, should be mailed or faxed (one or the other method, not both)

Defense Finance and Accounting Service as soon as possible after remarriage. The mailing address is provided in the instructions on the DD Form 2656-6 and the fax number is 800-469-6559.

Failure to notify DFAS well before the first anniversary will restrict a retiree's options and may result in a debt for SBP premiums to begin accumulating.



# HASC votes to hike drug co-pays, require RX refills by mail

The House Armed Services Committee has voted to raise drug co-payments for TRICARE beneficiaries who have brand-name prescriptions filled at retail pharmacies or through the TRICARE mail order program.

The committee also voted to help control Department of Defense drug costs by requiring beneficiaries who are eligible for TRICARE for Life (TFL), most of them elderly, to reorder all maintenance drugs through the TRICARE mail order plan for at least a year, after which they could opt out.

The committee's defense bill also would cap annual increases for retail and mail order drug co-payments to the percentage increase in cost-of-living adjustments for military retirees, thus ignoring the Obama administration's plan to adjust TRICARE fees and co-pays to keep pace with medical inflation.

As expected, the House committee declined to embrace most of the hefty TRICARE fee increases proposed by the administration. Panel members weren't keen even to debate the TRICARE changes they were compelled to approve under lowered defense ceilings set by last year's Budget Control Act.

The committee marked up its fiscal 2013 defense authorization bill (HR 4310) from 10 a.m. Wednesday, May 9, to 2:30 a.m. Thursday, May 10, debating and voting on amendment after amendment. But no committee member, Republican or Democrat, challenged the planned increases in pharmacy co-pays or the provision to force elderly beneficiaries to get drugs for chronic conditions refilled by mail order.

This is an election year and those are sensitive matters. They weren't even part of the military personnel subcommittee's mark last week. They were unveiled Monday in the "chairman's mark" with details present in a fact sheet that criticized the "dramatic" TRICARE increases proposed by the administration and the committee's "a different approach" for "ensuring fiscal responsibility while protecting the benefits earned by those who risk their lives to defend our nation."

In his opening statement on final mark-up, Rep. Howard P. "Buck" McKeon (R-Calif.), committee chairman, said the \$554 billion national defense bill for next year, plus another \$88 billion for ongoing contingencies operations, was almost \$4 billion more than the president requested.

He also conceded the House plan took "only an incremental step to address the military's \$46 billion decrease when considering where the President estimated national defense (spending) would be for fiscal year 2013 in last year's budget."

But, McKeon added, it will "protect the sacred covenant between our government and our all-volunteer military, keeping the promises we made to provide for the health and well being of our troops and their families."

The full House will vote on the bill soon. The Senate Armed Services Committee will mark up its version of the defense bill in late May, and is expected to back more of the administration's TRICARE fee increases. Differences between the House and Senate bills then would have to be negotiated by a House-Senate conference committee later this year.

Prescriptions filled at base pharmacies are free for beneficiaries, but not all brand name drugs are kept in stock or included on the military's drug formulary. At retail pharmacies in the TRICARE network, beneficiaries now pay \$5 for a month's supply of generic medicine, \$12 for brand name drugs on the formulary and \$25 for brand names not on the formulary.



Both the House bill and the administration's plan would leave the retail generic co-pay at \$5. Starting in October, however, the administration would raise the copay at retail to \$26 per brand drug on the formulary and would stop dispensing non-formulary drugs at retail outlets. The House committee proposes bumping the co-pay for formulary brand names at retail only to \$17 and raising the nonformulary co-pay to \$44.

Mail order would remain the better deal. A three-month supply of generic drugs would continue to be dispensed at no charge under both the administration's and the House committee plan. The current \$9 co-pay for 90 days of brand name drug on the formulary would be raised to \$26 under the administration's plan but to only \$13 under the House plan.



*Story Continued on Page 10*

(Continued from page 9—HASC Tricare)



The current \$25 co-pay for non-formulary drugs filled by mail would jump to \$51 under the president's plan but to only \$43 under the House plan.

The committee's co-pay increases would take effect by Oct. 15 this year. Starting Oct. 1, 2013, co-pays would be adjusted annually by the percentage increase in retired pay, rather than be linked, as the administration proposes, to a medical inflation index which climbs faster.

The House committee ignores most other parts of the administration's plan to raise out-of-pocket medical costs for military retirees including an annual enrollment fee for TFL and for TRICARE Standard and Extra beneficiaries, higher enrollment fees for TRICARE Prime, the managed care option, and higher deductibles for Standard and Extra. The size of the administration's Prime fee increases would vary based on level of retired pay.

A committee fact sheet said the administration's package of TRICARE increases "went too far." The committee decided to use the surprise plan to force TFL beneficiaries to use the mail order program to avoid steeper pharmacy co-pays and annual inflation adjustments called for under the administration's TRICARE reform package. The government enjoys deep discounts for drugs dispensed by mail.

The mail order requirement is described as a "five-year pilot program." Impacted beneficiaries could opt out after one year if they don't like home delivery. Also, the Secretary of Defense could waive the mail order requirement on individual beneficiaries as appropriate.

The House committee also calls for a three-year pilot program, at two or more military bases, that would attempt to use more modern processes to improve collection of reimbursements from "third-party" insurance plans for any care of covered clients who use military treatment facilities.

The bill also expresses the "sense of Congress" that retirees pre-paid for their generous healthcare benefits through years of service and sacrifice.

To comment, email [milupdate@aol.com](mailto:milupdate@aol.com), write to Military Update, P.O. Box 231111, Centreville, VA, 20120-1111 or visit: [www.militaryupdate.com](http://www.militaryupdate.com).

### DID YOU KNOW?

The least costly method of obtaining maintenance prescriptions is through your local military treatment facility—The second least costly method is the use of Express Scripts by mail—Express Scripts is both cost-effective and convenient—refills are automatically processed through contact with your physician—prescriptions arrive at your home without any effort. The least costly method is through a local retail pharmacy.

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## Plan to Reduce Retiree COLA Gets Clearer

Over the last two years military retirees and VA compensation recipients have complained about the lack of a cost-of-living adjustment to their pay. As reported here, the issue was not political or even deficit reduction; it was due solely to the fact that COLA is based on inflation as determined by the previous year's Consumer Price Index.

But, that may all soon change — right when retirees are looking forward to getting a COLA for the first-time since 2009. In an effort to reduce government expenses, the Senate is now considering changing the rules for how COLA is determined. The proposed changes will likely result in reducing the COLA in 2012 by up to .3 percent.

Military columnist, Tom Philpott, reports that the new basis for COLA would be the Chain Consumer Price Index for All Urban Consumers (or C-CPI-U). Adopting the Chain CPI to adjust entitlements has been recommended by every group looking for ways to address the federal debt crisis.

It appears that after two years of getting a break from paying a COLA, the Federal Government is now looking to change the rules just as the COLA and inflation are about to shoot upwards. (Source: *MilitaryAdvantage.Military.com*, July 21, 2011 • Terry Howell)

## **DFAS Newsletter:**

Our goal is to deliver first-class service and products to each and every customer.

Read More: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/customercommitment.html>

### **Fast Forms Coming Soon!**

DFAS.mil will soon feature automated versions of the forms retirees often use when communicating with us. The new forms will allow you to submit account changes to DFAS online, eliminating the tedious process of filling forms out by hand.

More Information: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/fastformssoon.html>

### **What You Need to Know About Your Survivor Benefit Plan**

Although providing for your loved ones' futures may not seem immediately necessary, the decisions you make regarding your Survivor Benefit Plan (SBP) can impact your family's financial future.

Learn More about SBP: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/knowsbp.html>

### **When Your Disability Rating Changes**

If you are rated by the Department of Veterans Affairs (VA), please check your Retiree Account Statement to make sure your disability rating on file with DFAS is correct.

Read More: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/ratingchanges.html>

### **What DFAS, the VA, and Your Branch of Service Do for You**

While you may not always see it happening, your Branch of Service, the Department of Veterans Affairs (VA) and DFAS work together to make sure you are paid accurately and on time.

Find Out How: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/whattheydoforyou.html>

### **What a Separation Recoupment Means for Your Retired Pay**

If you separated from your Branch of Service under one of these programs, and you later become eligible for retired pay, there are a few things to keep in mind.

Get the Details:

<http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/separationrecoupment.html>

### **How to Update Your Direct Deposit Information**

Have you recently switched banks? Have you changed bank accounts? Or maybe you just want your retired pay sent to a different account. No matter what the reason, it's important to inform us of any changes to avoid misrouted payments.

Find Out How:

<http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/updatingdirectdeposit.html>

### **How to Update Your Mailing Address**

Summer is finally upon us, which means moving season is here. If you have moved to a new home, or you're just not sure the address we have on file for you is current, it's important to update us.

Learn more: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/updatemailingaddress.html>

### **How to Update Your Arrears of Pay Beneficiary**

Retired pay earned but not paid in the final month of your life goes to whoever is listed as your Arrears of Pay (AOP) beneficiary. It is vital to keep this information up to date and accurate.

Find Out More: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/updatearrears.html>

### **How to How to Start, Stop or Change an Allotment**

Got an allotment? Want to stop, start, or change one? There are two ways to do it.

Read more: <http://www.dfas.mil/dfas/retiredmilitary/newsevents/newsletter/startstopchangeallot.html>

# Latest on Tricare Hikes

A Pentagon plan endorsed by the Joint Chiefs of Staff to raise Tricare health care fees as a way to dramatically reduce personnel costs appears dead after the Senate Armed Services Committee refused to back the proposal.

“We prevailed,” said Sen. Jim Webb, D-Va., chairman of the committee’s personnel panel. “We did not approve their plan.”

While work on the 2013 defense budget is far from over, the Senate committee’s decision comes one week after the House of Representatives passed its own version of the 2013 defense authorization bill that also omits the Defense Department’s proposal to raise enrollment fees and deductibles for working-age retirees, including income-based enrollment fees for the Tricare Prime and the Tricare For Life programs.

With the Defense Department plan left out of both the House and Senate versions of the defense policy bill, it would take some extraordinary reversal by lawmakers to approve the Pentagon plan as part of the final compromise legislation that will be completed later this year.

This does not mean there would be no fee increases, however.



Last year, when Congress rejected a different Pentagon plan to raise health care fees for retirees, lawmakers created a process under which fees can increase each Oct. 1 by the amount of the annual cost-of-living adjustment in military retired pay.

The most recent retiree COLA was 3.6 percent, which means annual Tricare Prime fees will rise next Oct. 1 to \$269 for individuals and \$539 for families. However, for most people these fees will represent a 17 percent hike over what they are now paying, because people who were enrolled in Tricare Prime before Oct. 1, 2011, were temporarily paying a lower rate.

The 17 percent increase may sound like a lot, but the Defense Department’s plan for tiered enrollment fees would have been far higher. DoD proposed setting the 2013 fees at \$600 for family coverage for the lowest tier and \$820 for the highest tier, and over five years would have raised the Tricare Prime enrollment fees to \$893 for the lowest tier and \$2,048 for the highest tier.

The House Armed Services Committee has voted to raise drug co-payments for TRICARE beneficiaries who have brand-name prescriptions filled at retail pharmacies or through the TRICARE mail order program. The committee also voted to help control Department of Defense drug costs by requiring beneficiaries who are eligible for TRICARE for Life .

In his opening statement on final mark-up, Rep. Howard P. “Buck” McKeon (R-Calif.), committee chairman, said the \$554 billion national defense bill for next year, plus another \$88 billion for ongoing contingencies operations, was almost \$4 billion more than the president’ requested. He also conceded the House plan took “only an incremental step to address the military’s \$46 billion decrease when considering where the President estimated national defense (spending) would be for fiscal year 2013 in last year’s budget.”

But, McKeon added, it will “protect the sacred covenant between our government and our all-volunteer military, keeping the promises we made to provide for the health and well being of our troops and their families.”

The full House will vote on the bill soon. The Senate Armed Services Committee will mark up its version of the defense bill in late May, and is expected to back more of the administration’s TRICARE fee increases. Differences between the House and Senate bills then would have to be negotiated by a House-Senate conference committee later this year.

# MEDIC MESSENGER

7321 Balmer Street  
Hill AFB, Utah

## Hours of Operation:

**Monday-Friday: 7 a.m.-5 p.m.**

**Wednesday: 9 a.m.-5 p.m.**

Clinic Telephone Tree/Appointments  
Line: 801-728-2600  
Pharmacy Refill: 801-775-3630



## Prevent Colds with this Natural Mineral

Feel yourself developing the sniffles? Better take some zinc.

Zinc is an element in the earth's crust—one of the most common, in fact. And while too much zinc is dangerous, the human body needs zinc for certain functions. One of the most important is to keep your immune system strong.<sup>1</sup>

By boosting your intake of zinc, you could help ward off colds.

Just make sure you're getting your recommended intake of zinc. Remember, too much could prove harmful to your body.

### Recommended Dietary Allowances (RDAs) for Zinc

*\* Source: National Institutes of Health, Office of Dietary Supplements*

### Which foods contain zinc?

Try eating some of these foods, which are naturally high in zinc:<sup>2</sup>

Oysters or crab

Baked beans, canned

Raisin bran cereal

Cashews

Lowfat yogurt and fruit

Chicken leg

Red meats, such as beef or pork

For more information on healthy eating, visit [TriWest.com's nutrition page](http://TriWest.com).



### Sources:

<sup>1</sup> [Centers for Disease Control and Prevention Public Health Statement for Zinc](#)

<sup>2</sup> [National Institutes of Health](#)

## TRICARE News

### A Week in the Life of TRICARE

22,200 inpatient admissions

- 5,066 direct care (916 Air Force)
- 17,125 purchased care (5,214 Air Force)

1.9 million outpatient visits

- 797,000 direct care (178,000 Air Force)
- 1,059,000 purchased care (274,000 Air Force)

2,455 births

- 972 direct care (157 Air Force)
- 1,483 purchased care (358 Air Force)

4.5 million claims

12.6 million electronic health record messages

2.6 million prescriptions (797,000 Air Force)

- 923,000 direct care (263,000 Air Force)
- 1.4 million retail pharmacies (444,000 Air Force)
- 249,000 home delivery (90,000 Air Force)

281,000 behavioral health outpatient services

- 56,700 direct care (9,787 Air Force)
- 224,000 purchased care (51,789 Air Force)

## Military Update

### In post-Iraq era, drawdown tools replace benefit boom

By **Tom Philpott**

The end of the Iraq war also appears to end a golden age of growth in military pay and benefits, which lasted at least a decade and corrected many perceived or long-standing faults in military compensation.

Disabled retirees, reserve component members, surviving spouses and active forces all benefitted from flush wartime budgets and a Congress attuned after 9/11 to America's deepening appreciation of current and past generations who risk life and limb in our nation's wars.

But amid a deepening debt crisis and return of all U.S. forces from Iraq, the 2012 defense authorization bill (HR 1540) approved last week shows priorities shifting, toward controlling defense spending and preparing to drawdown forces. Restored are some old authorities needed to "reduce end strength in a responsible manner," explained a House-Senate conference report on the bill. These include:

- Temporary Early Retirement Authority, TERA, to allow select members a reduced annuity if released after 15 years but less than 20;
- Voluntary Retirement Incentive Pay, payable to "no more than 675 officers' with 20 to 29 years of service can be encourage to leave in return for payments of up to 12 months of basic pay;
- Voluntary separation pay and benefits for select enlisted members or officers who have more than six years' service but fewer than 20.
- Expansion from three months to one year the period that an enlisted member can be discharged early without incurring a loss of benefits. But no pay or allowances would be paid for obligated time not served.

The Army and Marine Corps saw the steepest force increases during the Iraq war and expect to make the deepest post-war cuts. Army end strength in 2012 will fall by 7,400 soldiers, to 562,000, by October. That's still up 77,000 from 2003. Marine strength will hold at 202,100 but plans are to cut the Corps to 186,800 or even lower as cost-cutting pressure intensifies.



The Navy is down 54,400 sailors since wartime strength peaked at 383,000 in 2002. It will lose another 3,000 to reach 325,700 by fall.

The Air Force is to gain 600 airmen for total active duty strength of 332,800. Though it is down 40,000 airmen since a wartime peak in 2004, Air Force exceeded its authorized level by 1,200 last October.

The new defense bill authorizes the modest TRICARE Prime enrollment fee increases that took effect Oct. 1 for working age retirees, the first bump since TRICARE began 16 years ago. It also directs retiree Prime fees be raised annually by the percentage hike in retired pay through annual cost-of-living adjustments or COLAs. Pharmacy co-payments will be allowed to rise.

Effective back to Oct. 1, 2011, the services must prorate imminent danger pay and hostile fire pay of \$225 a month based on number of days spent in designated danger areas. Previously, any part of a day in a war zone qualified a member for the full monthly payment. Only if there's exposure to hostile fire will a day in theater now trigger full payment.

The Obama administration, military leaders, prominent lawmakers and various debt commissions have sig-



**Continued on Page 16**



naled deeper cost-sharing ahead for military beneficiaries including a first-ever enrollment fee for TRICARE for Life and a dampened COLA formula for all federal entitlements. So beneficiaries have reason to be wary of the defense budget to be unveiled in February with all accounts, including personnel, facing spending cuts.

Killed during final negotiations between House-Senate conferees on this defense bill was a provision to end reductions in survivor benefit annuities for surviving spouses to match Dependency and Indemnity Compensation from the Department of Veterans Affairs.

Also killed was a provision to ease the impact of this SBP-DIC offset by increasing amounts paid under the interim Special Survivor Indemnity Allowance.

Progress also has stalled on other entitlement reforms including lifting the ban on concurrent receipt of both retired pay and VA disability compensation for all disabled retirees. Still being impacted by the ban are retirees with disability ratings of 40 percent or less and disabled veterans forced by health conditions to leave service short of 20 years. President Obama at one time endorsed these benefit expansions but no more.

Military associations don't brag of gains over the past decade, probably to protect them and to the fight effectively for others. But even a partial list is impressive. Older retirees today have TRICARE for Life, a prized supplement to Medicare that didn't exist before. All beneficiaries have access to a mail order drug program and a vast retail pharmacy network. Many thousands of retirees with serious or combat-related disabilities now draw full retired pay plus VA

The Survivor Benefit Plan is more valuable since Congress ended a deep reduction in annuities at age 62 when surviving spouses become eligible for social security. The gratuity for combat related deaths was raised six fold to \$100,000 and maximum Service members' Group Life Insurance coverage rose from \$250,000 to \$400,000. Congress also approved a lump sum Traumatic SGLI payment of up to \$100,000 to assist the most severely wounded with immediate financial challenges.

A decade ago careerists faced a reduced retirement plan, Redux, and an anemic post-service education benefit. Congress restored for them the traditional retirement plan of "half" base pay at 20 years with full COLA or annual cost-of-living adjustments. In 2009, a far more valuable Post-9/11 GI Bill took effect for those with active service since Sept. 11, 2001.

A perceived military pay gap with the private sector was closed over a decade with a string of annual raises that exceeded private sector wage growth, and out-of-pocket housing costs fell sharply as Basic Allowance for Housing was raised enough to cover members' average rent and utility costs.

Reserve personnel also saw gains including premium-based TRICARE coverage while in drill status and the lowering of the age-60 reserve retirement tied to length of wartime deployments after January 2008.

To comment, email: [milupdate@aol.com](mailto:milupdate@aol.com), write to Military Update, P.O. Box 231111, Centreville, VA, 20120-1111 or visit: [www.militaryupdate.com](http://www.militaryupdate.com).

Source: *Ogden Standard-Examiner*, December 29, 2011



## The 75th Medical Group Implements New Electronic Third Party Collections (TPC) System

Under the Consolidated Omnibus Reconciliation Act of 1986, all military medical treatment facilities are mandated to bill health insurance carriers for the cost of medical care provided to active duty family members, retirees and family members who are covered by other health insurance. This program is known as Third Party Collections (TPC). The 75th Medical Group (75th MDG) Clinic must comply with this law and needs your help for continued program success.

We have implemented a new electronic system to streamline the process of collecting Other Health Insurance (OHI) information for our beneficiaries. You will be asked if you have Other Health Insurance at every point of service when you are at the 75th MDG. If you are covered by Other Health Insurance or have a Medicare supplement, we will ask for your insurance card (s) to scan into the electronic database. You will no longer manually fill out the DD Form 2569, Record of Other Health Insurance form, and the yellow card will be eliminated. Each point of service will have a scanner and signature pad to expedite the collection process.

The obligation to pay medical care costs applies **only** to the insurance carrier. Your insurance company will pay benefits directly to the 75th MDG and you will not be billed or responsible for any uncollected charges. Ten percent of the 75th MDG operations and maintenance budget comes from TPC. Monies collected under this program are deposited directly to the 75th MDG. For further assistance with the TPC Program, please stop by the TPC office located on the main floor near the pharmacy or call our TPC representatives at 586-9847 or 777-6422.

## How TRICARE Works with Other Health Insurance

The coordination of benefits between TRICARE and other health insurance (OHI) can be confusing. If a beneficiary has health care coverage through an employer, public or private insurance program.

If a beneficiary has OHI, he or she should tell his or her provider and regional health care contractor. Beneficiaries should also fill out the OHI form located on their regional health care contractor's website (<http://www.tricare.mil/contactus>). Keeping the regional health care contractor informed about the OHI will allow TRICARE to better coordinate benefits and will help ensure that there is no delay in payment of claims.

TRICARE is the secondary payer when a beneficiary has OHI. Before TRICARE considers the claim, the beneficiary's OHI must pay first. The exceptions are Medicaid and TRICARE supplemental plans. Please go to TRICARE's website to learn more <http://www.tricare.mil/mybenefit/home/Medical/OHI>. (Continued on next page)

After the other insurer pays, TRICARE will pay what is left up to the TRICARE allowable charge, which is the maximum amount TRICARE will authorize for medical and other services furnished in an inpatient or outpatient setting. There is no change in benefit limits when TRICARE is the secondary payer.

Beneficiaries need to be sure to submit all claims to TRICARE because deductibles may be applied to their annual catastrophic cap. The beneficiary's provider may submit secondary claims as well.

To reduce pharmacy costs, a beneficiary's best option is to use a TRICARE retail network pharmacy that is also covered by their OHI. After the OHI pays, TRICARE may reimburse the beneficiary for part or all of their out-of-pocket costs, including copayments. Beneficiaries are not eligible to fill prescriptions via home delivery if they have OHI with a prescription plan, including a Medicare Part D prescription program, unless they meet one of the following requirements:

1. The medication they need is not covered by their OHI. —
2. They have met their OHI's benefit cap.

If the OHI provides only medical coverage, not pharmacy coverage, he or she still may be eligible to use home delivery (<http://www.tricare.mil/homedelivery>) as their prescription benefit. Beneficiaries can go to <http://www.tricare.mil/mybenefit/home/Prescriptions/OHI> for pharmacy questions or contact Express Scripts, Inc. at (877) 363-1303. Finally, active duty service members, including activated National Guard and Reserve members, cannot use OHI. TRICARE is their primary payer. (Source: TRICARE News Release)

## Medicare Essential Partner with TFL

Military retirees enrolled in Tricare For Life (TFL) are reminded that Medicare is your primary health insurance. Medicare determines what is covered, what provider you can go to and how much is allowed. TFL acts as a supplement to Medicare which pays your annual Medicare deductibles and co-insurance. Most medically-necessary care is covered by both Medicare and TFL and your bill is paid in full. Where a service is paid by Medicare and not TFL – maybe a chiropractor — you pay the 20 percent co-insurance. TFL becomes first payer only when a service is covered by Tricare and not by Medicare. Then you pay the annual Tricare annual deductible and 25 percent coinsurance. TFL has no “insurance” card. Your military ID card verifies eligibility. Unless there is other health insurance, providers generally do not bill TFL. They bill Medicare which pays and forwards to TFL which pays the provider what you owe.

**SOME TRANSPORT COSTS PAID BY TRICARE** - When it comes to transport or transfer of Tricare patients, how much of the cost is covered by Tricare? Some costs included with Tricare services include: Emergency transfers to or from a beneficiary’s home, accident scene or other location to a hospital, and transfers between hospitals; ambulance transfers from a hospital-based emergency room to a hospital more capable of providing required care; transfers between a hospital or skilled nursing facility and another hospital-based or freestanding outpatient therapeutic or diagnostic department/facility. Payment of services and supplies provided by ambulance personnel at an accident scene may be allowed when the patient’s condition warrants transfer to an inpatient acute setting and medical services and/or supplies are provided solely to stabilize the patient’s condition while awaiting the arrival of a more urgent means of transfer; e.g., air ambulance services. Tricare does not cover ambulance service used instead of taxi service when the patient’s condition would have permitted use of private transportation; transport or transfer of a patient to be closer to home, family, friends or personal physician; or when medicabs or ambicabs transport patients to and from medical appointments.



**ELECTRONIC ENROLLMENT FEES** - Retirees and their families, including survivors and eligible former spouses, enrolled in Tricare Prime pay an annual enrollment fee. This can be paid electronically, either by an allotment from your retirement pay or by creating an electronic funds transfer from your bank account. Beneficiaries can download the Enrollment Fee Allotment Authorization letter or EFT Payment Authorization form from their regional health care contractor’s website (North Region - [www.hnfs.net/bene/enrollment/fees/Enrollment+Fees-Payments.htm](http://www.hnfs.net/bene/enrollment/fees/Enrollment+Fees-Payments.htm)). Return the completed form to the regional contractor by mail. The system does not allow electronic

form submissions. A quarterly payment is required before establishing a monthly payment option. Beneficiaries are able to view online payment history and claims status at any time. Mail-in payments continue to be accepted and pay-by-phone also is offered.

**TRICARE FOR ‘GRAY AREA’ RESERVISTS** - A new program, Tricare Retired Reserve, offers about 180,000 “gray area” reservists the opportunity to purchase Tricare health care coverage. Rates are \$408.01 for single coverage and \$1,020.05 for family coverage. Rates will adjust every year. While qualified members of the Selected Reserve may purchase premium-based coverage under Tricare Reserve Select (TRS), retired National Guard and Reserve personnel did not have Tricare health coverage options until they reached age 60. This was changed by the National Defense Authorization Act for 2010. The new provision allows certain members of the Retired Reserve who are not yet age 60, called “gray-area” retirees, to purchase Tricare Standard and Tricare Extra coverage. Tricare Extra simply means beneficiaries have lower out of pocket costs if they use a network provider. The new program differs from TRS in its qualifications, premiums, copayment rates and catastrophic cap requirements. The new statute requires premium rates to equal the full cost of the coverage. Reserve retirees interested in the new coverage should ensure their personal data is correct in the Defense Enrollment Eligibility Reporting System (DEERS).

# RX HOME DELIVERY WIN-WIN SITUATION

## *Important Update*

On January 1, 2012, Walgreens will no longer be a TRICARE network provider. If a beneficiary fills a prescription at Walgreens after Dec. 31, 2011, they will pay 100% of the cost and will need to file a paper claim for non-network benefit reimbursement (with a higher cost share). Additional information can be found at the following websites; <http://www.tricare.mil/walgreens/>, <http://www.express-scripts.com/TRICARE>, <http://www.defense.gov/news/newsarticle.aspx?id=66626>, or by calling ExpressScripts at 1-877-363-1303. These resources can be used to find information on how to transfer a prescription, find a new pharmacy, or other FAQs

Tricare officials continue to encourage beneficiaries, especially those taking long-term medications, to have their prescriptions delivered to their doorsteps. Rear Adm. Christine S. Hunter, deputy director for the Tricare Management Activity, cites the health care system's home delivery option as a win-win situation that saves patients, as well as the government, money. Tricare's almost 9.7 million beneficiaries filled 10.5 million prescriptions through home delivery in 2009, up from some 9 million in 2007. Still, it represents only about 8 percent of the 130 million prescriptions filled in 2009. About 48 million of those prescriptions — 37 percent — were filled at military medical facilities, the least expensive delivery method for the Defense Department, and where patients have no copayment. But those unable to use a military facility are increasingly turning to retail pharmacies within the Tricare network.



Last year, beneficiaries filled more than half of their prescriptions — 71.4 million — at retail pharmacies. While this may be convenient, Hunter noted that it is also the most expensive. Beneficiaries pay the same co-payment for a 30-day supply of medication at the corner drugstore that they'd pay for a 90-day supply delivered through Tricare's home-delivery option. In addition, beneficiaries using home delivery can get automatic refills — a plus for those taking medications for a chronic, long-term condition. Regardless of where beneficiaries get their medications, they're protected by a safety feature, Hunter said. The patient data transaction service monitors the medications every Tricare beneficiary receives to flag potential adverse drug interactions or allergic reactions.

**OBEY RX INSTRUCTIONS** - Drugs must be taken exactly as prescribed, without missing doses, if they are to work to their full potential. Failure to take medications exactly as directed, also called medication adherence, can lead to illness or even death. According to the Food and Drug Administration, factors that can affect medication adherence include a patient's belief that treatment is unnecessary or not effective, confusion about how and when to take medication and the cost of medications. Medication adherence may be especially difficult for patients taking multiple medications or those with complex dosing schedules. In the case of taking an antibiotic for a minor respiratory infection, patients may feel better before taking the last dose. But not finishing a prescription can make it more difficult to treat the illness if it comes back or lead to other complications. If the benefits and risks of taking prescribed medications are not clear, patients should discuss concerns with their doctor or pharmacist. Many maintenance medications are intended to reduce risk for serious, life-changing events such as heart attacks or strokes. If a patient experiences side effects, the doctor may be able to adjust the dosage or switch to a different medication.





# TRICARE® Prime Enrollment Fees

Beginning on October 1, 2011, TRICARE will make modest adjustments to TRICARE Prime enrollment fees that amount to an additional \$5 a month for families and \$2.50 a month for individuals. The new fees are outlined in the table below.

## TRICARE PRIME ENROLLMENT FEE CHANGES

Fiscal Year 2011 (October 1, 2010– September 30, 2011)	Fiscal Year 2012 (October 1, 2011– September 30, 2012)
\$230/individual	\$260/individual
\$460/family	\$520/family

Retired service members and their eligible family members, survivors, and former spouses pay TRICARE Prime enrollment fees, which are applied to the annual catastrophic cap. There are no enrollment fees for active duty service members (ADSMs) and active duty family members enrolled in TRICARE Prime, TRICARE Prime Remote, or TRICARE Prime Remote for Active Duty Family Members.

## NO CHANGE IN FEES THIS YEAR FOR CURRENT ENROLLEES

The fee increase applies only to new enrollees whose TRICARE Prime applications are received on or after October 1, 2011. The fee for current enrollees will be frozen at the fiscal year 2011 rate—so if you are already enrolled in TRICARE Prime, your payments will not change in the coming year, as long as you remain in TRICARE Prime. Moving forward, TRICARE

Prime enrollment fees will be subject to increases each fiscal year. Current enrollees, whose fees will not change for fiscal year 2012, will experience a yearly change in fees beginning in fiscal year 2013.

## EXCEPTIONS FOR SURVIVORS AND MEDICALLY RETIRED SERVICE MEMBERS

An exception to the fee increase will be made to allow survivors of active duty deceased and medically retired uniformed service members and their dependents enrolled in TRICARE Prime to be exempt from future enrollment fee increases.

Beneficiaries in these categories before October 1, 2011, will have the annual enrollment fee frozen at the current rate of \$230 per individual and \$460 per family. Beneficiaries added to these categories on or after October 1, 2011, will have their fee frozen at the rate in effect at the time they are classified in either category. The fee remains frozen as long as at least one family member remains enrolled in TRICARE Prime and there is no break in enrollment. The fee charged for the dependents of a medically retired uniformed service member will not change if the dependents are later reclassified as survivors.

## KEY POINTS TO REMEMBER

Moving forward, there will still be no out-of-pocket costs for ADSMs, no changes to TRICARE Standard and TRICARE Extra, and no change to the catastrophic cap for all plans. For more information, visit [www.tricare.mil/costs](http://www.tricare.mil/costs).

## FOR INFORMATION AND ASSISTANCE

 <b>TRICARE North Region</b> Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) <a href="http://www.hnfs.com">www.hnfs.com</a>	 <b>TRICARE South Region</b> Humana Military Healthcare Services, Inc. 1-800-444-5445 <a href="http://www.humana-military.com">www.humana-military.com</a>	 <b>TRICARE West Region</b> TriWest Healthcare Alliance 1-888-TRIWEST (1-888-874-9378) <a href="http://www.triwest.com">www.triwest.com</a>
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*This fact sheet is not all-inclusive. For additional information, please visit [www.tricare.mil](http://www.tricare.mil).*

### **An Important Note about TRICARE Program Information**

*As the time of printing, 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 treatment facility guidelines and policies may be different than those outlined in this product. For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.*

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September 2011

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## Fun Activities for you and your family

### Outdoor Recreation—Golf—Bowling—Hobby Shop



Wasatch Range is an outdoor adventure paradise. There are more skiing, snowboarding, snowmobiling, hunting, fishing, climbing, hiking, kayaking, etc. opportunities than can be experienced in one lifetime. Outdoor Recreation at Hill AFB is here to help you get the most out of your adventure. Hill AFB is located at the "crossroads of the west" between the beautiful Wasatch Mountain Range and the Great Salt Lake; let the 75th Force Support Outdoor Recreation help you experience it! Head up to the High Uinta Mountains and stay in the **CARTER CREEK CABINS**--moose, elk, bobcats, and black bear abound. Pack a picnic and spend a sunny afternoon with your family at **CENTENNIAL PARK**. Reserve it today! Rustic and western, the **LOG CABIN** is a cozy place to celebrate any shindig. Board your horse, of course, at the **RIDING STABLES**. Skaters, rip it from dawn 'til dusk at the **SKATE PARK**. Blaze away at the **ROD & GUN CLUB** where we house four trap and skeet ranges.

**PHONE: 801-777-9666/2225**



Hubbard Memorial Golf Course is located on the east side of the runway. It is an 18-hole championship golf course complete with driving range, practice chipping and putting greens. The Club House offers a full line pro shop, bar, men's and ladies locker rooms. The course was designed by Stanley W. Hadden with design inputs provided by Lee Stotern. Construction of the first nine holes were completed in 1961, the second nine were completed the following year. The golf course is 7317 yards long from the championship tees. The course has bent grass greens and Kentucky Blue Grass tees, fairways and roughs. The Course record is 60, set in 2007. All eligible players are entitled to reserve tee times. Weekday times are taken two days prior, except Monday & Tuesday times are taken the Friday before, at 9 a.m. Weekend and Holiday times are given out on a drawing or lottery system. Slips are filled out and must be in the box Thursday morning by 8 a.m. prior to the weekend. Call anytime after 12 p.m. to find out your time, or to make a time outside of the drawing.

9 Holes, \$10 ↗ 18 Holes, \$20 ↗ Guest, 9 Holes \$12/\$24 ↗ Golf Cart, \$6/\$12

**Tee Times — 801-777-3272**



Hill Bowling Center is one of the most modernly equipped Air Force bowling centers, featuring AMF synthetic lanes with automated bumpers, Qubica Conqueror scoring system, youth/handicap ball ramps, full service pro shop and snack bar. Come on in and check us out!

**HOURS:** Monday-Thursday, 10:30 a.m. to 9 p.m. ● Friday, 10:30 a.m.-Midnight ● Saturday, 9 a.m.-Midnight ● Sunday, 12-9 p.m.

**Check out all the activities/events/recreational opportunities with the latest edition of the Happenings Magazine at <http://www.75thforcesupport.com/>**



## Auto Hobby Shop Safety Inspection Special

Save \$5 on our state safety inspections and emissions inspections on Tuesdays and Wednesdays (regularly \$9 for motorcycles and \$17 for vehicles).

Call 801-777-476 to make an appointment.

## Arts & Craft—Auto Hobby Shop Summer Hours

**Frame Shop:** Monday-Friday, 10 a.m. to 5 p.m., Closed on Saturday and Sunday

**Auto Hobby Shop:** Tuesday-Thursday, 11 a.m. to 7 p.m., Friday, 10 a.m. to 6 p.m., Saturday, 9 a.m. to 5 p.m.

**Wood Shop:** Friday, 2 to 6 p.m., Saturday, 10 a.m. to 5 p.m.  
Closed on holidays and most AFMC family days.

## Fitness Center



**The Warrior Fitness Center** is one of three fitness centers on the base. Facilities found there include: a state of the art weight room, cardiovascular exercise equipment, universal equipment, saunas, steam rooms, racquetball courts, 2 basketball courts, a climbing wall and indoor running and walking track. Call 777-2762 to make reservations for these facilities.

The second center can be found in Bldg. 520, the Hess fitness center. Facilities there include: an [indoor pool](#), a basketball/volleyball court, racquetball courts, a family fitness area, [martial art](#) room and area and an indoor tennis court.

The third center can be found in Bldg. 1277 on the west side of base. The unmanned west side center has a state-of-the-art cardiovascular and universal equipment for your use along with shower facilities.





**EXCHANGE**  
ARMY & AIR FORCE EXCHANGE SERVICE

- 7451 6th Street ([View Map](#))
- Hill AFB, UT 84056-5704 United States
- Store Phone: 801-777-2300
- Fax: 801-586-4891
- DSN: 777-2300
- DSN FAX: 586-4891
- Email: [karen.ochsner@deca.mil](mailto:karen.ochsner@deca.mil)

### Management

- Store Director: Karen M. Ochsner
- Phone: 801-586-4861
- DSN: 586-4861
- Email: [karen.ochsner@deca.mil](mailto:karen.ochsner@deca.mil)

### Store Hours

**Open 9 a.m.-7 p.m. hours daily**

- Bakery
- Custom Photo Cakes
- Deli
- Fresh Sandwiches to go
- Party Cakes
- Plants
- Rotisserie Chicken



### AAFES Re-Launches Website

#### Main Base Exchange

Bldg. 412  
5845 E. Ave., Hill AFB UT 84056

#### Hours of Operation

Monday-Saturday: 9 a.m.-8 p.m.  
Sunday & Holidays: 10 a.m.-7 p.m.  
Phone: (801) 825-8584

(801) 779-0731

(801) 773-1207

FAX (801) 773-9967

#### *It makes sense to shop your Exchange!*

Everyday competitive pricing, sales tax relief and interest rate avoidance save Soldiers and Airmen an average of \$2,728 every year. Beyond adding money to authorized patrons' bottom line, shopping improves quality-of-life when the Army and Air Force Exchange Service sets up shop as roughly two-thirds of the Exchange's earnings are paid to morale, welfare and recreation programs.

Last year, Exchange operations generated \$242.6 million on behalf of programs such as youth services, Armed Forces Recreation Centers, arts and crafts, aquatic centers, golf courses and more.

If you find an item at a lower price [we match prices!](#)

# Odds 'n Ends



**The Hill Aerospace Museum** is home to 96 aerospace vehicles, 77 of which are on public display. The Museum is open seven days a week, 362 days a year, free of charge. We are closed on Thanksgiving, Christmas, and New Year's Day.

What started out 1986 with a small collection of aircraft and a few displays in an old building has grown to become the second largest field museum in the Air Force system. In 2009 alone, the Museum hosted nearly 180,000 visitors--a 13% increase over our 2008 figures!

Our volunteers are the heart of the Museum, comprising 96% of our staff.

Most are retirees with close ties to either the Air Force, Hill Field, or both. Many serve as tour guides, others help with restoration, and some work in the ACE Learning Center, where they help us develop the next generation of Airmen. We currently need help in all areas of Museum operations and have a special need for a new Volunteer Coordinator. If you are interested in learning more about volunteer opportunities available at the Museum, please contact Scott Wirz at 801-777-5706.



For information and photos of museum displays, use the following link:

<http://www.hill.af.mil/library/museum/index.asp>.



## Church Services

Protestant Christian Worship—  
11 a.m. in the Chapel  
Annex, Bldg. 445



## Catholic Mass

8 and 9:30 a.m. at The Landing

## Useful Search Engines

**FirstGov**—The official government search engine, this site consolidates 20,000 government Web sites and arranges them by topic, such as Money and Taxes, Healthy People and the U.S. in the World.

**Google search: Uncle Sam**—searches government and military sites.

**Government Guide**—Search AOL's government directory.

**SearchMil.com**—Searches .mil sites.

**SearchGov.com**—Searches .gov sites with a caching feature.

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You cannot be mad at somebody who makes you laugh - it's as simple as that.

[Jay Leno](#), *O Magazine*, February 2003

# Latest Information on the 2012 National Defense Authorization Act

WASHINGTON – President Barack Obama signed the 2012 National Defense Authorization Act on Dec. 31 which contains a critical initiative to help control spiraling health-care costs within the Defense Department.

Section 701 limits annual TRICARE enrollment fee increases for retirees and their family members to an amount equal to the percentage by which retired pay increases that year. The act also contains critical initiatives to develop counterterrorism initiatives abroad, build the security capacity of key partners, modernize the force and boost the efficiency and effectiveness of military operations worldwide.

## **The NDAA also includes:**

Section 347 requires DOD to finance an independent assessment of overseas troop basing, advising retention, closure, realignment or establishment of U.S. military facilities outside the United States “in light of potential fiscal constraints on [DOD] and emerging national security requirements in coming years.”

Section 402 reduces authorized Army minimum end strength from 562,000 to 547,000. The other services’ authorized minimum strengths are unchanged, with 325,700 for the Navy, 202,100 for the Marine Corps and 332,800 for the Air Force.

Section 512 of the act creates a new member of the Joint Chiefs of Staff, which currently includes the Army and Air Force chiefs of staff, the chief of naval operations and the Marine Corps commandant. The new member will be the chief of the National Guard Bureau, who will have responsibility for “addressing matters involving non-federalized National Guard forces in support of homeland defense and civil support missions.”

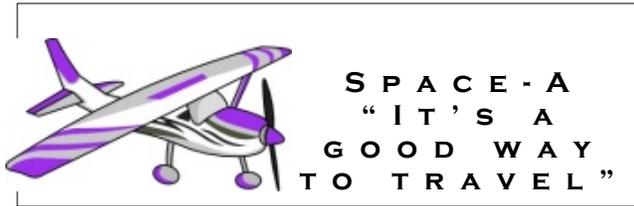
Section 526 extends voluntary separation pay and benefits authority, formerly set to expire Dec. 31, to the end of 2018. Section 530 converts the high-deployment allowance from mandatory to authorized. The allowance currently pays \$100 a day, in addition to all other pay and allowances, to a deployed service member who has been deployed 401 days or more out of the preceding 730 days.

Section 954 affirms that DOD “has the capability, and upon direction by the president may conduct offensive operations in cyberspace to defend our nation, allies and interests,” subject to the law of armed conflict and the War Powers Resolution.

For more retiree news and information, please visit [www.retirees.af.mil](http://www.retirees.af.mil) [ <http://www.retirees.af.mil> ] .

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### Flight Passenger Terminal

“The mission of the Logistics Readiness Flight Passenger Terminal is to provide quality customer service and up-to-date information to all eligible passengers”. Bldg. 904 is where the terminal is located.



The RAO has detailed information regarding sign-up procedures, eligibility and flights in and out of Hill Air Force Base. All flight information can be determined by calling Passenger Service at 801-777-3088/3089.



Also, check out these web sites: [www.spacea.net](http://www.spacea.net) and [www.takeahop.com](http://www.takeahop.com)

### Lodging

Military life has special privileges! When you travel, you can take advantage of many convenient and inexpensive Space-A Lodging options available around the world from each branch of the military.

Temporary (Space A) lodging on military installations is available not just to active duty members and their families, but also to all retirees and their dependents.

Each branch of the military offers its own special lodging styles and locations. Military.com is an excellent source for further information on Space-A lodging. The phone numbers for Space-A availability for the various branches are as follows:



Air Force: 888-235-6343

Army: 800-462-7691

Navy: 800-628-9466

For further information on Space-A travel check out the website at [www.military.com](http://www.military.com)

### DD214 Now Available Online

Military veterans and the next of kin of deceased former military members may now use a new online military personnel records system to request documents. The National Personnel Records Center (NPRC) has provided the following website for veterans to gain access to their discharge document (DD form-214) online: <http://vetrecs.archives.gov/> .

This may be particularly helpful when a veteran needs a copy of his DD form -214 for employment purposes. NPRC is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files.

### Need an ID Card????

There has been an upgrade in the identification card system. These enhancements significantly increase the overall security of the system, but wait times are longer. Additionally, retirees and family members seeking to renew or replace a military identification card must provide two types of identification—one of which must include a photo:

- Driver’s license or ID issued by a state
- ID card issued by federal, state or local government agency
- Voter’s registration card
- U.S. Military I.D. card
- U.S. Passport
- Certificate of U.S. citizenship

Also, if your I.D. card has been lost, you must see Security Forces in Bldg. 1219 to fill out AF Form 1168 prior to issuance of an ID card.

### ID Card Issuing Locations

75 FSS, Hill AFB (801) 586-5437

419 FW, Hill AFB (801) 777-0023

151 ARW Utah ANG, SLC IAP (801) 245-2331

96 RRC, USAR, SLC (801) 656-3393

AG HQ, ARNG, Draper (801) 432-4337

Dugway Proving Ground, USA (435) 831-2244

NMCRC, USNR, SLC (866) 426-1375

Tooele Army Depot (435) 833-2559

Utah ARNG Armory HQ, Cedar City,  
(435) 867-6517

RAPIDS Site Locator:

[www.dmdc.osd.mil//rsl/owa/home](http://www.dmdc.osd.mil//rsl/owa/home)

# DIRECTORY

## **Airman & Family Readiness Center**

5837 D Avenue, Bldg. 150  
777-4681

## **Arts & Crafts Center**

7288 Balmer Street, Bldg. 385  
586-0567

## **Base Restaurants**

### **Best Burger/5 Star**

7879 Wardleigh Road, Bldg. 849  
777-6219

### **Crosswinds**

7277 4th Street, Bldg. 230  
777-2043

### **Gears & Grub**

\*Accessible by line badge only  
5760 South Gate Ave., Bldg. 507  
586-9317

### **Westside**

1235 F Street, Bldg. 1235  
777-8161

### **Papo Cafe**

7879 Wardleigh Road, Bldg. 891  
777-6219

## **Bowling Center**

5746 D Avenue, Bldg. 525  
777-6565

## **Child Development Center**

5708 Mitchell Lane, Bldg. 470  
777-6321

## **Education & Training**

7290 Weiner Street, Bldg. 383  
777-3664

## **Enlisted Dining**

### **Hillcrest**

5757 D Avenue Bldg. 519  
777-3428

### **Fast Eddie's**

7474 Canberra Street Bldg. 45  
777-1010

## **Family Child Care**

5713 E Avenue, Bldg. 460  
777-0695

## **Fitness Centers**

### **Warrior Fitness Center**

7250 Balmer Street, Bldg. 533  
777-2762

### **Westside Fitness**

6036 Cedar Lane, Bldg. 1277

## **Golf Course**

7005 Golf Course Drive, Bldg. 720  
777-3272

## **Honor Guard**

7461 Wardleigh Road, Bldg. 402  
777-3967

## **Information, Tickets & Travel**

7526 Balmer Street, Bldg. 805  
777-3525

## **The Landing**

### **formerly Club Hill**

7420 Miller Street, Bldg. 450  
777-3841

## **Library**

7415 Weiner Street, Bldg. 440  
777-2533

## **Lodging**

5847 D Avenue, Bldg. 146  
777-0801

## **Utah Test & Training Range**

**Lodging**  
777-1553

## **Outdoor Recreation**

7526 Balmer Street, Bldg. 805  
777-9666

## **Youth Center**

7712 6th Street, Bldg. 883  
777-2419

*For detailed information about hours of operation, programs, and events click on the activity logo.*

## Military Associations of interest to veterans and retirees:

Air Force and Air Guard Associations

[Air Force Aid Society](#)

[Air Force Association](#)

[Air Force Enlisted Widows](#)

[Air Force Historical Foundation](#)

[Air Force Memorial Foundation](#)

[Air Force Sergeants Association](#)

[Air Force Security Police Association](#)

[Airmen Memorial Foundation](#)

[Airmen Memorial Museum](#)

[Air Weather Association](#)

[Air Weather Reconnaissance Association](#)

[Army and Air Force Mutual Aid Association](#)

[Association of Air Force Missileers](#)

[B-47 Stratojet Association](#)

[Enlisted Association of the Air National Guard](#)

[National Guard Association of the United States](#)

[Safeside Association](#)

[The Air Force Association](#)

[United States Air Force Academy](#)

[Association of Graduates](#)

[The Air Force Historical Foundation](#)

[USAF Military Training Instructor Association](#)

### **Spouse & Family Support Organizations**

[Air Force Enlisted Widows](#)

[American Legion Auxiliary](#)

[American Overseas Schools Historical Society](#)

[Armed Services YMCA of the U.S.A](#)

[Blue Star Moms](#)

[Fisher House Foundation](#)

[Gold Star Wives of America](#)

[Ladies Auxiliary to the VFW](#)

[National League of POW/MIA Families](#)

[National Military Family Association](#)

[Naval Sea Cadet Corps](#)

[Operation Homefront](#)

[Red Cross Emergency Service](#)

[Sentinels of Freedom](#)

[Sons of the American Legion](#)

[Toys for Tots Foundation](#)

[Tragedy Assistance Program for Survivors \(TAPS\)](#)

[Veterans Families United](#)

Note: All of these organizations have a web site that you can access for further information. If you need access to a computer you can check with the base library.