Health Care PCS Checklist

TRICARE, records and prescriptions from orders to arrival

Keep care continuous from one duty station to the next. A PCS is a Qualifying Life Event, so your TRICARE coverage can change with you. Work through each window below.

Moving from: _____ Moving to: _____

Report date: _____ Pack-out date: _____

Current TRICARE plan: _____ Gaining region / plan: _____

Health care timeline

60–90 days out

- [ ] Schedule last checkups, dental cleanings and eye exams
- [ ] Request medical, dental and vaccine records for everyone
- [ ] Ask specialists for referral letters and treatment summaries
- [ ] Check whether ongoing referrals or authorizations will transfer
- [ ] Make sure DEERS is current for every family member

30 days out

- [ ] Refill prescriptions; ask about a 90-day supply or Home Delivery
- [ ] Transfer prescriptions to a pharmacy chain near your new home
- [ ] Pack meds, glasses, contacts and medical devices to hand-carry
- [ ] Research the gaining military treatment facility and network providers
- [ ] Note the TRICARE number for urgent care while traveling

Travel days

- [ ] Keep meds in original labeled bottles in your carry-on
- [ ] Carry insurance cards and the medication list
- [ ] Know how to find urgent care on the road (TRICARE Nurse Advice Line)
- [ ] Pack a small first-aid kit and any refrigerated meds properly

After you arrive

- [ ] Update your address in DEERS
- [ ] Enroll or transfer TRICARE Prime and pick a new PCM within the deadline
- [ ] Update your TRICARE Dental Program address
- [ ] Book new-patient appointments (wait times can be long)
- [ ] Deliver records to new providers and confirm they were received

Records request log

Provider / office	Family member	Date requested	Format (paper/digital)	Received

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Choosing your TRICARE plan

Service members must enroll in TRICARE Prime (or Prime Remote). Family members can often choose. A PCS is a Qualifying Life Event, so you can switch plans within 90 days of the move.

	TRICARE Prime	TRICARE Select	TRICARE Prime Remote
How it works	HMO-style. You're assigned a primary care manager (PCM) who coordinates care.	PPO-style. See any TRICARE-authorized provider; network providers cost less.	Works like Prime, using civilian network providers where there's no military clinic nearby.
Referrals	Needed for most specialty care.	Not needed for most care.	Needed for most specialty care.
Cost for family members	No enrollment fee and no cost for covered care when you follow the rules.	No enrollment fee, but you pay a yearly deductible and cost-shares.	No enrollment fee and no cost for covered care when you follow the rules.
Where it's offered	Prime Service Areas, usually near military hospitals and clinics.	Anywhere in the U.S. (Select Overseas abroad).	Designated remote ZIP codes in the U.S.
Best for	Families who want low costs and coordinated care.	Families who want to choose their own doctors, or who have other health insurance.	Families assigned far from a military hospital or clinic.

Who qualifies for Prime Remote?

- [ ] The service member lives **and** works more than 50 miles (or about a one-hour drive) from a military hospital or clinic
- [ ] Family members who live with a sponsor enrolled in Prime Remote
- [ ] Guard and Reserve members on active duty orders for more than 30 days in a row, and their families
- [ ] Close to a clinic but facing a real barrier (geography, or unit and home in different regions)? Ask about a Determination of Eligibility request

Before you decide

- [ ] Use the TRICARE Plan Finder with your new ZIP code
- [ ] Check whether your current doctors or specialists are in the new network
- [ ] Compare yearly costs on tricare.mil if anyone has ongoing care
- [ ] Ask if the US Family Health Plan is offered near your new home

Notes

Pro tip: Records requests can take weeks. Ask for digital copies when possible and keep them on a flash drive or secure cloud folder, not just in a box.

Keep going with PCS Like A Pro

Find more printables and step-by-step help at **pcslikeapro.org**, starting with the **TRICARE & Health** page. Want your whole move in one place? The **Command Center** binder walks you from orders to keys.

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