**Uniformed Services Family Health Plan**

(Editor's Note: This is the plan that I am using for my health care. I highly recommend it to you if it is available in your part of the country. There are no enrollment fees and no monthly premiums but you must be enrolled in Part B Medicare. Doctors' visits are $12.00 and prescriptions are $8.00 per RX for a 90-day supply) I strongly advise you to check it out, if it is available in your part of the country).

http://www.usfhp.com/ [USFHP](http://www.usfhp.com/)

The Uniformed Services Family Health Plan (USFHP) is an added healthcare option (being demonstrated) in seven areas of the country for:

o Eligible family members of active duty families

o Uniformed service retirees - even those over age 65

o Eligible family members of uniformed service retirees - even those over age 65

o Eligible family members of deceased active duty or retired uniformed services members

To be eligible for the plan - you must live in one of the seven areas where the plan is currently offered. Current USFHP coverage areas are listed below. To View a map of the USFHP coverage area, go to http://www.usfhp.org/map.htm

For an informational brochure about the Uniformed Services Family Health Plan, call the national office at 1-888-25U-SFHP (1-888-258-7347).

Visit the USFHP web site at http://www.usfhp.org/

More USFHP Information

The Uniformed Services Health Plan offers a comprehensive package of major medical healthcare coverage plus the advantages of preventive care including annual physicals, mammograms, immunizations and well-baby care. Medically necessary care is covered by the plan - including coverage for prescription drugs. The USFHP is an alternative to TRICARE Prime. You have the option of enrolling in either program in your area.

Enrollment is easy. All you have to do is complete an application and submit it to the Uniformed Services Family Health Plan program of your choice. Enrollment is contingent on available space and you must reside in the service area of a USFHP program to enroll. Active Duty families can enroll at any time throughout the year and enroll for a one year period of time. Retirees and their family members can only enroll during open enrollment season which varies for each program - but is held annually in the spring for a 30 day period. When you enroll in the USFHP, you make a one year commitment to receive your care from the plan - unless you move out of the area or your eligibility status changes.

Frequently Asked Questions

+ What is the USFHP?

The Uniformed Services Family Health Plan (USFHP) is a Department of Defense-sponsored health benefits program available in seven service areas of the country to eligible family members of active duty personnel, uniformed services retirees and their eligible family members. It is a permanent part of the Military Health System (MHS) and the only permanent TRICARE Prime Program available to military retirees and their eligible family members who are aged 65 and over.

+ What are the Service Areas of the USFHP Program?

USFHP is available in these service areas:

Region One:   
Johns Hopkins Medical Services Corp,  
Baltimore, MD;   
Brighton Marine Health Center, Boston, MA;   
Martin's Point Health Care, Portland, ME;   
Sisters of Charity Medical Center, NY

Region Five:   
Fairview Hospital/Cleveland Clinic,  
Cleveland, OH

Region Six:   
CHRISTUS Health, Houston, TX

Region Eleven:   
PacMed Clinics, Seattle, WA

+ Is USFHP the same as TRICARE?

In most areas, TRICARE provides three options to beneficiaries aged 64 or under. USFHP is a fourth option available in seven select areas. USFHP provides the TRICARE Prime uniform benefit. However, USFHP is different from the other TRICARE options in several important ways.

USFHP is administered by seven individual not-for-profit, community based health care provider groups that are not HMOs or insurance companies.

USFHP is the only permanent TRICARE Prime option available to uniformed services retirees aged 65 and older.

Beneficiaries have ranked satisfaction with USFHP higher than the national average of all managed care plans for the past six years.

+ Who is eligible to enroll in USFHP?

Family members of active duty personnel, military retirees, and retiree family members are eligible to join USFHP. Military retirees and their eligible family members can enroll or remain in the USFHP once they turn 65.

+ How many people are currently enrolled in USFHP?

There are almost 100,000 eligible beneficiaries enrolled in USFHP.

+ Is USFHP a supplemental insurance program?

No, USFHP is not a supplemental insurance program. USFHP is a Department of Defense-sponsored health benefits program and a fourth option in the TRICARE family of health plans. USFHP is an alternative to the TRICARE Prime programs administered by regional Managed Care Support Contractors. Eligible beneficiaries have a choice of health care options that, depending on where they live, may include: USFHP, TRICARE Prime, TRICARE Extra or TRICARE Standard. USFHP provides all the same health benefits at the same costs as TRICARE Prime.

SOURCE: USFHP Web Site at http://www.usfhp.org/

Submitted, "Fair Seas with Following Winds" YNCS Don Harribine, USN(Ret)