

TRICARE Select[®] Navigator:

Administered by Accolade



A Resource for Eligible TRICARE Select Enrollees with Complex Medical Conditions

Who's eligible?

Certain TRICARE Select enrollees are eligible, including those who meet one of the following criteria:

- ✓ You have two or more complex medical conditions. These may include illnesses such as asthma, cancer, depression, diabetes, and heart disease.
- ✓ You have claims totaling \$100,000 a year or more. This may happen if you have multiple emergency room trips or hospital admissions.

How can TRICARE Select Navigator help?

TRICARE Select Navigator nurses can help with a range of health care needs. They can help you to:

- ✓ Find a TRICARE authorized provider who meets your needs
- ✓ Learn about your care and coverage
- ✓ Prepare for a doctor's visit or hospital stay
- ✓ Make your appointments with the help of TRICARE Select Navigator
- ✓ Understand a medical bill

TRICARE Select Navigator isn't available overseas.

To get started, visit tricare.mil/selectnavigator2020 or call **833-400-9603** Monday through Friday, 8 a.m. until midnight EDT.

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