Transitional Assistance Management Program

Health care for service members and their families when active duty ends

The Transitional Assistance Management Program (TAMP) offers 180 days of health care benefits to help service members and their families switch to civilian life.

AM I ELIGIBLE FOR THE TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM?

The services determine TAMP eligibility and the Defense Enrollment Eligibility Reporting System (DEERS) shows your status. If you have questions about your eligibility, call your personnel office and/or command unit representative. For more information, visit www.tricare.mil/tamp.

You and your eligible family members may get TAMP health care benefits after active duty if you:

- Involuntarily separate from active duty under honorable conditions. This includes service members who receive a voluntary separation incentive or voluntary separation pay and aren’t entitled to retirement pay.
- Are a National Guard or Reserve member separating from a period of active duty that was more than 30 consecutive days in support of a contingency operation
- Separate following involuntary retention (stop-loss) in support of a contingency operation
- Separate following a voluntary agreement to stay on active duty for less than one year in support of a contingency operation
- Separate and agree to immediately become a member of the Selected Reserve with no gap in service
- Separate due to a sole-survivorship discharge

You aren’t eligible for TAMP while still on:

- Terminal leave
- Authorized excess leave
- Permissive temporary duty (PTDY)

AM I STILL COVERED DURING LEAVE?

During terminal leave, authorized excess leave or PTDY, you are still considered an active duty service member (ADSU) and must get or coordinate your care with your last duty station. During this time, you can’t change your primary care manager (PCM), even if you move. Your family can switch PCMs if you move, but your TRICARE Prime option may not be available in your new location.

If you and your family stay in the same place during leave or PTDY, you and your family members can keep using your TRICARE Prime option. If you were stationed overseas and you move back to the U.S., coordinate referrals and prior authorizations with International SOS Government Services, Inc., the TRICARE Overseas Program (TOP) contractor.

This fact sheet is not all-inclusive. For additional information, go to www.tricare.mil.
WHEN DOES THE TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM START AND END?

If eligible, TAMP starts the day after you separate from active duty. You and your family are automatically covered by TRICARE Standard and TRICARE Extra or TOP Standard. You may continue using TRICARE Standard and TRICARE Extra or TOP Standard. Otherwise, you may enroll or reenroll in TRICARE Prime or TOP Prime. ADSMs must reenroll in TRICARE Prime or TOP Prime to avoid a break in coverage. TRICARE Extra is not available overseas.

In the U.S., you can enroll or reenroll in TRICARE Prime if you:

- Live in a Prime Service Area, which is a geographic area where TRICARE Prime is offered. It is typically near a military hospital or clinic. To verify eligibility, check your address at www.tricare.mil/psa.

- Live or work within 100 miles of an available PCM.

Note: During TAMP, sponsors and command-sponsored family members can reenroll in TOP Prime if they remain in the same area where the sponsor was stationed. If they move, they may only be eligible for TOP Standard during TAMP.

One TRICARE Prime option that may be new to you is the US Family Health Plan (USFHP). USFHP is available through separate health care systems in six areas of the U.S. To find out if you’re in a USFHP area or to enroll, go to www.usfhp.com.

You may have new cost-shares when you leave active duty, but your family’s benefit remains unchanged with the same rules and costs. Be aware that TRICARE Prime Remote (TPR) in the U.S. and overseas isn’t available under TAMP. For cost information, visit www.tricare.mil/costs.

To make sure you’re covered during your entire TAMP period, you must keep your and your family’s information current in DEERS. See the Looking for More Information? section of this fact sheet for contact information to update DEERS.

DENTAL CARE DURING THE TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM

During TAMP, service members can get dental care from military dental clinics. When needed, they can also see civilian providers through the Active Duty Dental Program.

Family members’ eligibility for the TRICARE Dental Program (TDP) depends on their sponsor’s status in DEERS. If your sponsor is:

- Leaving active duty: Family members are no longer eligible for TDP coverage once their sponsor’s status in DEERS changes. You can get dental care at a military dental clinic on a space-available basis.

- Transitioning from active duty directly into the National Guard or Reserve: Family members can buy or continue TDP coverage.

- A National Guard or Reserve member returning to nonactivated status after activation for more than 30 consecutive days: Family members can enroll in the TDP at any time or continue current coverage.

Family members who enroll in the TDP must agree to be in the program for at least 12 months. For more information, visit www.tricare.mil/dental and www.tricare.mil/costs.