



Humana Military



Fox Army Health Center
In partnership with
Humana Military Healthcare Services
Invite TRICARE Beneficiaries
to join us for our
Monthly Benefit Seminar

April 27
June 29
July 20
August 31
October 26
December 14

Each Seminar will feature
9:00 a.m.-10:00 a.m.
“Preparing for TRICARE After Transitioning From the Military”

10:00 a.m.—12:00 p.m.
Army Secure Messaging System
TRICARE Online (TOL)
Request of Information (ROI)
DEERS
Beneficiary Counseling and Debit Collection Assistance
Other Medical and Health Advice as Needed

Location: Fox Army Health Center “Fox Den”
Basement Level , 4100 Goss Road, Redstone Arsenal, AL 35809

You asked, and we answered.

Take the guess work and stress out of medical transition planning by joining the experts for an interactive presentation with members of Humana Military and Fox Army Health Center .

“The seminar is recommended up to three months in advance of transition, but may be attended any time. Family members are welcome as well”.