

Army in Europe

RETIRED



U.S. ARMY

RETIREE BULLETIN

VOLUME I

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Use of funds for printing this publication was approved by Headquarters, United States Army, Europe, and Seventh Army on 26 May 1987. Its purpose is to provide information and guidance on laws, regulations, and policies affecting the retirees and their family members or survivors in Europe.

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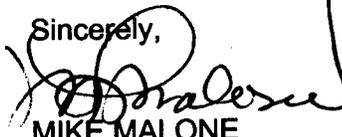
GLEN L. SNOW

Chief, Personnel Services
Support

Dear Retirees, Family Members, and Annuitants:

As of 1 October 2007, the USAREUR RSO function moved to IMCOM-Europe, now titled the IMCOM-Europe RSO. . This move was required due to the planned deactivation of 1st PERSCOM in Summer 2008. IMCOM-Europe **will publish two retiree bulletins per year** to provide information most suitable for Retiree Bulletin addressees. We have changed the name of the bulletin, but the **commitment** to provide you with useful information remains the same. We are working on bringing more services, to more retirees, in more places.

Sincerely,



MIKE MALONE
IMCOM-Europe RSO

Heidelberg Retiree Appreciation Day (RAD) Review

The Army in Europe Retiree Appreciation Day (RAD) hosted by USAG Heidelberg was conducted on 20 October 2007 at the Patrick Henry Village Pavilion, Heidelberg, Germany. LTG Gary D. Speer, Deputy Commanding General, United States Army, Europe, and Seventh Army, welcomed retirees and family members from across Europe to this year's special event for retirees. Approximately 390 retirees and family members attended the RAD. LTG Speer thanked the retirees for their continuing contributions to our country and presented them with an updated status brief on the transformation of the U.S. Army Europe.

The RAD began at 0800 and ended at 1500 hours. The honored guest speaker was LTG (Ret), Frederick E. Vollrath, Co-Chairman, Chief of Staff Army Retiree Council. The individual counseling booths available for the retirees included a wellness clinic with TRICARE, audiology, managed care, dermatology, cancer prevention, internal medicine, nutritional care, occupational therapy, orthopedic and optometry clinics, pharmacy services, physical therapy, a flu

shot station, and medical library services. In addition, there were booths for Defense Finance and Accounting Services (DFAS); on-line National Personnel Records Center; Veterans Administration; legal services; and the American Consulate – Federal Benefits Units (Social Security). Identification card services were also available as well as the Installation Access Control System (IACS) services. All the above listed services were well received; however, the wellness clinic once again was the most popular agency with flu shots being the biggest draw. Approximately 260 retirees and family members received medical and wellness screening throughout the day.

The retirees and family members made many favorable comments thanking all military and civilian personnel who worked hard to make this event successful. They were especially thankful to the Army and Air Force Exchange System (AAFES) who donated the specially designed cake.

The following local service organizations attended and set-up information booths for the RAD: Red Cross; Army Career and Alumni Program (ACAP); Veterans of Foreign Wars, Mannheim; Army Community

Service (ACS); United Services Organization (USO); USAREUR Voting Officer; American Legion GR 03, Heidelberg; Association of Retired Warrant Officers, Heidelberg Chapter; and USAREUR Customs.

We sincerely thank you for your attendance at this year's RAD, if you were unable to make it, we hope that you will be able to attend next year. It will be held around the same timeframe. We look forward to an even better RAD next year and USAG Heidelberg is already making plans for next year's RAD.

Benelux And Grafenwoehr Rads

USAG Benelux and Grafenwoehr conducted RADs on 25 and 27 October 2007 respectfully.

A representative from the Federal Benefits Unit was available to answer questions on Social Security, helping more than 70 people. The DFAS, Cleveland, representative corrected and processed more than 66 pay actions during the two events. In one case, the DFAS representative helped a retiree recover over \$50,000 in back benefits. Approximately 200 retirees and family members attended the two events. The Grafenwoehr RAD included many attendees from the Berlin

area. In addition, USAG Grafenwoehr offered the retirees and family members a tour of the installation and a brunch at the dining facility. At both events, medical and dental representatives provided counseling and screenings.

All retirees and family members indicated that outside agency support improved the RAD and hoped this trend would continue.

Schweinfurt and Stuttgart RADs Planned

Both Schweinfurt and Stuttgart are planning to hold RADs in April 2008. The Schweinfurt RAD is planned for 12 April 2008 at Conn Barracks in building 40, with registration from 0800-1300. The Stuttgart RAD is planned for 19 April 2008 at Panzer Kaserne in building 2915, with registration from 0800 to 1300.

The Federal Benefits Unit, Frankfurt, will be available at both RADs, to answer Social Security questions. A pay representative from DFAS, Cleveland, and medical and dental personnel are planned to be available at both events. In addition, on-line Nation Personnel Records Center processing will be available to request copies of lost or missing DD Form 214s. In addition, the

following services: ACS, ACAP, Red Cross, Customs, Legal, ID Cards, IACS Cards, MWR, Voting, AAFES, and DECA will be available. Both events are open to all retirees and family members living in Europe. We hope you will come out and enjoy the event. The Schweinfurt RSO may be reached at DSN 354-7033 or Civ 09721-96-7033. The Stuttgart RSO may be reached at DSN 431-2924 or Civ 07031-15-2924.

USAG Vicenza RAD

USAG Vicenza is in the early planning stage for a RAD in May/June 2008. For more information check with the USAG Vicenza RSO at DSN 634-7262 or 39-0444-71-7262.

Voting Assistance

The Federal Voting Assistance Program (FVAP) is responsible for administering the Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA). All American citizens are reminded that 2008 is an election year in the United States. Overseas citizens are eligible to participate in primary, run-off, and special elections that occur throughout the year, as well as the general election in November. If you need assistance in registering to vote and receiving your absentee ballot, call the garrison

voting assistance officer in your area for more information.

IMCOM-Europe	379-8601	06202-80-8601
USAG Stuttgart	431-2924	07031-15-2924
USAG Garmisch	440-2638	08821-750-2638
USAG BENELUX	361-5154	068-27-5154
USAG Brussels	368-9655	02717-9797
USAG Schinnen	360-7320	046-443-7320
USAG Heidelberg	373-6334	06221-17-6334
USAG Mannheim	385-2537	0621-730-2537
USAG Darmstadt	348-6253	06151-69-253
USAG Kaiserslautern	489-6509	0631-411-6509
USAG Ansbach	468-7824	0981-183-730
USAG Grafenwoehr	475-6753	09641-83-6753
USAG Schweinfurt	354-1550	09721-96-1770
USAG Bamberg	469-8071	0951-300-8071
USAG Hessen	322-8313	06181-88-8313
USAG Wiesbaden	337-7068	0611-705-7068
USAG Baumholder	485-6024	0678-36-6024
USAG Hohenfels	466-2212	09472-83-2212
USAG Vicenza	634-7973	0444-71-7973
USAG Livorno	633-8106	050-54-8106

Source: USAREUR Voting Assistance Officer

How are Retirees Covered Overseas by TRICARE

Retired U.S. Service members and their families living overseas are covered by TRICARE Standard until they turn 65 or otherwise become eligible for Medicare part B. Once retirees become eligible for Medicare Part B, they must enroll to be eligible for TRICARE for Life, which offers the same coverage as TRICARE for Life (TRICARE Standard). Without Medicare Part B, if over 65 the retiree has no TRICARE coverage.

There are no premiums or enrollment fees for TRICARE Standard or TRICARE for Life. However, to be eligible for TRICARE for Life, you must enroll in Medicare Part B and pay the monthly Part B premium.

TRICARE Standard and TRI-CARE for Life beneficiaries must meet an annual deductible of \$150 per person or \$300 per Family before TRICARE begins paying benefits. After the deductible is met, beneficiaries pay a 25 percent cost share for most services.

Source: TRICARE Fact Sheet – Retirees Overseas

A Word of Caution on TRICARE

A referral to see a medical or mental health specialist off post

does not necessarily mean that all care received from that provider is a covered benefit. Nor does referral to a member of the provider network mean that any treatment received will be paid by TRICARE. Even when the initial visit is covered, subsequent tests or procedures, which may be normal in the host-nation country, may not be covered services under the TRICARE program. The best way to ensure that you do not incur excessive out-of-pocket expenses is to contact your TRICARE office and ask whether the proposed tests or treatments are authorized.

Source: TRICARE Europe TEO-FS-8, Fall 2005

Shingles Vaccine Available to TRICARE Beneficiaries Age 60 and Older

Following a Centers for Disease Control and Prevention (CDC) recommendation on 19 October 2007, TRICARE covers Zostavax, the vaccine designed to prevent shingles, for beneficiaries 60 and older.

Shingles is a painful viral disease that affects more than one million Americans every year. More than half of those cases happen in people age 60 or older. The CDC recommends a single dose of

shingles vaccine for everyone age 60 and older.

“Offering this vaccine to out beneficiaries is further evidence of TRICARE’s commitment to provide first-rate health care to Uniformed Service members and their families,” said Army Major General Elder Granger, Deputy Director, TRICARE management Activity. “We cover all immunizations recommended by the CDC’s Advisory Committee on Immunization Practices and formally endorsed and adopted by the CDC.”

Beneficiaries who receive the shingles vaccine after 19 October 2007, must have vaccinations in a provider’s office. Zostavax is covered under the TRICARE medical benefit and is not reimbursable under the pharmacy benefit. Beneficiaries with coverage or claims questions should contact the nearest TRICARE office.

Shingles is caused by the varicella-zoster virus, the same virus that causes chickenpox in children. It remains in the body for decades, sleeping in nerve cells along the spinal column. A shingles rash usually appears on one side of the face or body and lasts between two and four weeks. It is painful and can be accompanied by fever, headache, chills, and upset stomach.

For more information on shingles and the vaccine, visit the CDC website,

<http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-shingles.pdf>

Source: TRICARE Press Room, No 07-89, 13 Nov 07

Filing Claims With Tricare

To file a Tricare Claim, complete a TRICARE/CHAMPUS Form (DD Form 2642) from the TRICARE Europe Web site: <http://www.europe.tricare.osd.mil/main/download/> or visit your local TRICARE office. Send it to the address indicated below with the following:

- An itemized bill from the provider.
- A receipt, if applicable, for the amount paid to the provider.

Send all TRICARE Standard claims to: (All Retirees under 65 and all Retirees 65 and older (if enrolled in MEDICARE Part B) are covered under TRICARE Standard for claims processing).

TRICARE Europe
WPS-Claims Processing
P.O. Box 8976
Madison, WI 53707-8976

Indicate on the claim form whether payment should be made to you or to the provider, and also the currency in which payment should be made. (Note: Receiving payment for a claim and then not paying the provider bill may be considered fraud and will be investigated).

Avoid claims problems by filing claims within 30 days from the date of care, and by keeping copies of all your claims paperwork. After your claim has been processed, you will receive an explanation of benefits (EOB) telling you how much has been paid and to whom. If you have questions, contact your nearest TRICARE service center.

All claims must be filed within one year of service provided.

Source: TRICARE-Europe FACT SHEET, Filing Claims

How To Fill Your German Prescription

If you are being seen by a German physician as an outpatient, you will most likely receive a German prescription. Here are some of the options you have for obtaining the medication prescribed to you:

1. The simplest and easiest way is to take your prescription to a German pharmacy and have it filled there. Your TRICARE staff

can tell you which local pharmacy is part of the TRICARE network, and they will provide you with claims forms and instructions.

As a retiree or a family member in TRICARE Standard you will have to prepay and then submit your claim to TRICARE for reimbursement. You will be responsible for the applicable co-pay and deductible.

If you prepay, be sure to keep the prescription with the prices annotated and stamped as received. You will need this to file for reimbursement.

2. Another option available to you, but only from network providers, is to have the provider write a prescription that can be filled at the local military pharmacy. For this purpose:

The provider must be a network provider (PPN) and must be listed in the military pharmacy database.

The prescription must be in English and comply with the following requirements:

Must state patient's full name and date of birth, written on the prescription by the physician.

State the date the prescription was written.

State the chemical name, strength and quantity of the medication to be dispensed. Have dosage instructions in plain English. Must be signed by the prescribing German physician (name has to be legible to pharmacy staff).

Medications must be listed in the Military Formulary (list of medications that are maintained in military pharmacies).

Cannot be for a controlled substance such as Percocet, Lortab, Tylenol 3, Valium, Ambien, etc.

Can only be dispensed by an MTF-pharmacist. Writing prescriptions in such a manner is strictly voluntary on part of the German provider.

If your prescription does not meet the criteria stated above, the MTF Pharmacy cannot assist you and you must take the prescription to a German pharmacy. MTF Physicians are prohibited by regulation from re-writing your German prescription to meet these requirements.

If you are an inpatient in a German hospital and are being discharged with instructions to continue taking medication, the hospital will most likely give you a

very limited amount of medication, expecting you to see your family physician for further prescriptions, as is done in the German medical system.

Please ask the German physician for a *Privatrezept* (private prescription) for sufficient medication for your follow-up. There is no guarantee that you will be able to get an appointment in the MTF in time to fill your medication needs or that the MTF physician will be able to prescribe medicine recommend by the German physician.

Your discharge prescription must be taken to a German pharmacy to be filled, and will be required to pay in advance, with TRICARE reimbursement as stated above. Please speak to your patient liaison if you would like assistance with obtaining such a prescription.

Source: TRICARE Factsheet

Looking for a Retirement Services Officer (RSO) and live out of sector?

If you live outside Germany, Belgium, Holland, or Italy, and need to contact a Retirement Services Officer (RSO). Call Mike Malone at DSN 379-6080 or Civ 49-6202-80-6080.

Need to Report the Death of a Retiree?

CALL USAREUR Casualty operations Center (CAC) (24 hours a day) at:

DSN 379-7800/6172
Civilian 06202-80-7800/6172
Intl 0049-6202-80-7800/6172
e-mail 1pc.casualty@eur.army.mil

The personnel at above numbers will notify the U.S. Army of the death of a retiree and will help start the casualty assistance process.

(Source: USAREUR CAC)

Have Issues?

If you have a retiree issue that you would like the Army to look into, please contact your local Retiree Council or RSO. IMCOM-Europe requests issues be submitted each year from the garrisons, but you do not have to wait until IMCOM-Europe requests issues. We would like you to submit them at anytime. We welcome your issues and Europe has had some success in getting HQDA solutions to OCONUS problems. Some examples are:

- Direct deposit of retiree pay to foreign bank accounts (approved in 2006).

- Direct deposit of VA benefits to foreign bank accounts (VA working issue).

- DFAS toll-free telephone service for retirees OCONUS (currently be worked at HQDA).

- Dental insurance for OCONUS retirees (program should be in place by end of 2008).

Army in Europe Retiree Bulletin is "Push"

This bulletin is available as a "push" bulletin. If you wish to receive a copy of the Retiree Bulletin by email, please go to https://aepubs.army.mil/ae/public/aepubs_main.asp, click on Retiree, provide the three elements of information in the pop-up window (excerpt below), and then click the submit button. This is a one-time registration. Once you subscribe, all future Retiree Bulletins will be sent to you automatically by email. By accepting the "Push", you will no longer receive a copy of the Retiree Bulletin in the mail. If you change your email address, you must register again.

Address Updates

This bulletin is mailed using the correspondence address supplied by DFAS-CL. All retirees /annuitants are responsible for maintaining a current correspondence address at DFAS as well as a

current check address. Use either an Economy or an APO address, but please do not combine the two. To change your address, contact the appropriate center listed below:

Defense Finance and Accounting Service

U.S. Military Retired Pay

PO Box 7130

London, KY 40742-7130

Phone: 1-800-321-1080

1-216-522-5955

Fax: 1-800-469-6559

U.S. Military Annuitant Pay

PO Box 7131

London, KY 40742-7131

Phone: 1-800-321-1080

1-216-522-5955

Fax: 1-800-982-8459

NOTES:

800 numbers are not toll free from Europe. Ensure to put your SSN and your signat-ure on all faxed pages. Address may also be changed on line using MyPay.

Army Echoes/Army in Europe Retiree Bulletin is now reaching most retired Soldiers in Europe. If you are not receiving them please go to the MyPay website at <http://www.dfas.mil> to verify your address on file at DFAS.

Subscribing To Retiree Info List

How to Subscribe: From your military e-mail account, send the following message to:

LISTSERV@LISTSERV.HQUSAREUR.ARMY.MIL

Subject: RETIREEINFO.

Message text: (have no text preceding the following!)

SUBSCRIBE RETIREEINFO
<yourfirstname> <yourlastname>
<yourUSAG>END

Send your message from an e-mail account that is within a ".mil" domain. If you do not have a military e-mail (.mil) account, you can obtain one from Army Knowledge Online (AKO), <https://www.us.army.mil>

RETIREEINFO is an email list which makes it possible to disseminate a single message simultaneously to a group of people. It is a "one-way announcement" list. It sends only official material of interest to military in Europe.

RETIREEINFO does not share its email addresses. You can "unsubscribe" (SIGN OFF) from the system whenever you wish. Instructions are provided in each posting to the list.

RETIREEINFO is hosted on an official HQ USAREUR computer which is administered by personnel of HQ USAREUR. The Army in Europe Retiree Council serves as the RETIREEINFO list-owner.

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