

TRICARE PLUS at Walter Reed Bethesda

Powerful Health Benefits for Your Retirement

At age 65, eligibility for health benefits change, and the powerful health benefits you can receive and experience at Walter Reed Bethesda are more important to you than ever before.

Of all the many reasons for choosing Walter Reed Bethesda, perhaps none is as significant as our Patient-Centered Medical Home (PCMH) approach to primary care services:

- **A Comprehensive Team Approach.**
No one else offers collaborative team-based primary care like Walter Reed Bethesda. Your PCMH team offers a coordinated, comprehensive and whole-person approach to your health and wellbeing that's unavailable anywhere else. Everyone from your provider to your nurses to your administrators works together to help you meet your health goals.
- **An Unparalleled Set of Integrated Health and Wellness Resources.**
Most primary care practices send you to outside programs or specialists to get the complete health and wellness services you need. That's not the case at Walter Reed Bethesda. From nutrition to sleep hygiene to stress reduction and everything in between, our psychologists, health educators, nutritionists, mind-body medicine therapists and others help you develop and maintain the healthy lifestyles you need to enjoy life long into retirement—**all part of primary care**. This benefit is distinctively unique and unmatched by other providers.
- **Convenient Tools for Communication and Self-care.**
Our trusted Secure Messaging service allows you to communicate your health needs to your medical home team without scheduling an appointment. Have a rash you're concerned about? Just snap a picture with your phone and email it to your provider. Need quick medical advice? Our Nurse Advice Line provides the assistance you need anytime; 24 hours a day, 7 days a week.
- **Same-day Service for Acute Care.**
For serious illnesses, we'll see you the same day without you having to make a trip to the ER. If you do end up in our hospital, someone from your medical home team will be there to visit you—just try getting a civilian primary care practice to do that for you. Your medical home team will also reconcile your medications and coordinate your discharge care. It's all part of our PCMH approach to primary care.
- **Recognized and Respected.**
Our innovative PCMH environment is recognized and respected across the country and around the globe. It's also gained recognition by the National Committee for Quality Assurance (NCQA), and by family members, friends and colleagues just like you.

Choose **TRICARE Plus** at Walter Reed Bethesda.

For more information call Member Services at (301) 295-5143.