

# RAO Newsletter #2021-1 - TRICARE Seniors 75 and Older Now Eligible for COVID-19 Vaccine

1/14/2021

Adults [age 75 and older](#) should now receive the COVID-19 vaccine, as recommended by the Centers for Disease Control and Prevention (CDC). The Department of Defense (DoD) and the Military Health System are now making the vaccine available to the 1.13 million beneficiaries who are age 75 or older. These beneficiaries use the [TRICARE For Life](#) health plan.

“The vaccination of DoD health care personnel and residents of long-term care facilities is well underway,” said Air Force Col. Tonya Rans, chief of the Immunization Healthcare Division at the Defense Health Agency. “If you’re age 75 or older, you’re now encouraged to access COVID-19 vaccines at your closest military hospital or clinic.”

According to the CDC, adults age 75 and older are at [eight times higher risk of hospitalization from COVID-19 infection](#) than younger, healthy adults. All COVID-19 vaccines that are currently available in the U.S. have shown to be [highly effective at preventing the virus](#). There are currently two authorized COVID-19 vaccines in the U.S., and each require you take two doses to be fully effective.

## Where can I get the vaccine?

The availability of the vaccine may vary by location. The DHA is developing several options to assist military hospitals and clinics in reaching out to you. If you’re age 75 or older, you can watch for news from your local [military hospital or clinic](#). You can visit your military hospital’s website, news media, or social media to stay informed about vaccine updates. You should contact your local military hospital or clinic for their vaccination process and availability. The vaccines will be more broadly available in the coming months.

TRICARE is working to ensure you have no out-of-pocket costs for the COVID-19 vaccine. Eventually, all TRICARE beneficiaries will be able to get the vaccine at:

- Your local [military hospital or clinic](#)
- Your civilian provider
- [TRICARE network pharmacies](#)

Wherever you eventually receive your vaccination, please remember you need to check availability before showing up.

## What can I do if I’m not included in this vaccination phase?

You should continue to follow [healthy habits to prevent COVID-19](#). This will help slow the spread of the virus. Some of the best practices for how to protect yourself and others are to [wear a mask](#), [wash your hands properly](#), and [practice physical distancing](#). Continue these practices even after you’ve been vaccinated as experts still need to better understand the level of protection the vaccines provide.

At the time of posting, this information is current. Visit [www.cdc.gov](http://www.cdc.gov) or the [TRICARE FAQs](#) for the most current COVID-19 information.