



**WHO:** All Tricare Beneficiaries that live in Texas

[Home | TRICARE](#)

**WHAT:** January 1st 2025, Texas, Illinois, Louisiana, Oklahoma, and Wisconsin will transition from TRICARE East to TRICARE West.

To ensure you receive the most up to date and current information and prevent lapses in your current TRICARE coverage:

1. Log in to ID Card Office Online (osd.mil) to update your Profile and update Dependent Profiles.

[ID Card Office Online](#)

<p><b>ID Card Office Locator &amp; Appointments</b></p> <p>Find a RAPIDS ID Card Office</p> <p>Make an Appointment</p> <p><a href="#">More Info</a></p> <p><b>CONTINUE</b></p>	<p><b>Common Access Card</b></p> <p>Update Email Address</p> <p>Add Joint Data Model Applet</p> <p>Extend Academy Student Certificate</p> <p><a href="#">More Info</a></p> <p>For CAC Issuance/Renewal select ID Card Office Locator &amp; Appointments</p> <p><b>CONTINUE</b></p>	<p><b>Family ID Cards</b></p> <p>View Sponsor/Family ID Card</p> <p>Nominate Family Member</p> <p>Request Family Member ID Card</p> <p>Online USID Card Renewal</p> <p>Print Family List</p> <p><a href="#">More Info</a></p> <p><b>CONTINUE</b></p>	<p><b>My Profile</b></p> <p>Update Contact Information</p> <p>Update GAL Information</p> <p>Opt-In TSA PreCheck (DoD Civilians Only)</p> <p><a href="#">More Info</a></p> <p><b>CONTINUE</b></p>
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[DS Logon – DMDC](#)

2. Log into the Beneficiary Web Enrollment (BWE) milConnect - BWE (osd.mil) to ensure healthcare coverage is correct.

[milConnect - FAQ](#)

[Find a TRICARE Plan | TRICARE](#)

3. Starting in early November you should create an account on the TriWest patient portal.

4. To ensure you can make your payments to TriWest (if applicable), update your payment information (Note: If you pay by allotment, you do not need to do this. Allotment payments will transfer automatically).

5. Search for providers in the new TriWest provider network directory on the patient portal.



TEXAS MILITARY DEPARTMENT ★ ★ ★ STATE TUITION ASSISTANCE

# Need Money for College?

## Plan for the 2025 Spring Semester!



**Spring Application  
opens 01 Nov 2024  
closes 03 Jan 2025**



<https://tmd.texas.gov/state-tuition-assistance-program>

### ABOUT US

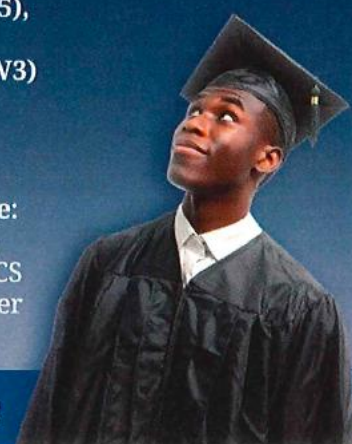
State Tuition Assistance (STA) is an education benefit for Texas Service Members (TXARNG, TXANG, TXSG), funded by Texas for Texans. We believe in the power of education to transform lives and aim to support resourceful minds committed to making a positive impact through learning.

### WHY STATE TUITION ASSISTANCE?

- Awards up to \$10,000 per semester for Fall & Spring.
- Tuition paid up front.
- Covers 10 semesters or five years.
- Provides up to 12 semester hours of tuition and mandatory fees.
- For use exclusively at Texas colleges and universities.
- Ability to combine with other education grants, scholarships, and benefits.
- Applicable for undergraduate, graduate, and professional degrees, as well as vocational, technical & academic certificates, and credentials.

### ELIGIBILITY

- Active member in good standing with the TXARNG, TXANG, TXSG
- Enlisted (E1-E9), Officers (O1-O5), and Warrant Officers (W1-W3)
- AGRs
- Must have completed one: Basic training, Basic camp, OCS or first semester of MS1



Contact us & find out how we can help fulfill your educational goals: (512) 782-5515 Option 2

# ★ LONE STAR PULSE ★

TF INFO



28 November 2024

## CHAPLAIN'S CORNER

## NEWS UPDATE

### A Resilient Life

Resilience doesn't stem from having fewer problems; resilient people often face significant challenges. What defines them is their ability to confront adversity and grow from it. They understand setbacks are part of life and tackle difficulties with strength, learning from each experience.

Adaptability is crucial—they shift approaches and find new solutions when things don't go as planned. Emotional regulation is also key. Resilient individuals manage negative emotions effectively, ensuring they don't hinder progress.

Strong relationships provide essential support, reminding us that no one is resilient alone. These connections offer encouragement during tough times. Optimism and hope further drive resilience, helping people believe in better outcomes and persevere through adversity.

Resilience is not an inherent trait but a skill developed over time, built through experience, emotional strength, and support from others. It's about growing stronger by facing, not avoiding, challenges.

As the Bible reminds us, "We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance" (Romans 5:3).

[VA Secretary Pushes Back on "Broken Vet" Narrative.](#)

[Women in combat are proficient: "...we should never change that."](#)

[Eligible veterans get easier access to military bases under new rules.](#)

STARS AND STRIPES  
ArmyTimes MilitaryTimes

### Upcoming Releases



#### Microsoft Flight Simulator 2024

Xbox Series X, PC  
**Genre:** Simulator  
**Release Date:** November 19, 2024

#### Genshin Impact

Xbox One, Xbox Series X  
**Genre:** Action RPG  
**Release Date:** November 20, 2024



#### Mario & Luigi: Brotherhood

**Platform:** Nintendo Switch  
**Genre:** RPG & Adventure Platformer  
**Release date:** November 7, 2024



**Polygon**  
2024 Release Dates



#### Lego Horizon Adventures

**Platform:** PC, PS 5, Switch  
**Genre:** Action Adventure  
**Release Date:** November 14, 2024

The Internal Communications Team needs your feedback. Please let us know what you would like to see. We can be reached at: [ng.tx.txarnq.list.ols-info@army.mil](mailto:ng.tx.txarnq.list.ols-info@army.mil)

# ★ LONE STAR PULSE ★

**TF WEST**



**28 November 2024**

## TF West,

The holidays are a special time to express our appreciation and gratitude for the many blessings in our lives.

This Thanksgiving Day, I encourage each of you to remember your fellow service members who are separated from their families due to deployment, including those involved in Operation Lone Star.

Let's also keep in mind those who must work through this holiday weekend to fulfill important State tasks. Their dedication ensures that critical operations continue, even during the holiday season.

As we gather around our dinner tables this Thanksgiving, let's reflect on the many things we are thankful for in this great country of ours. I am especially thankful for the men and women who have chosen to serve, making significant sacrifices for the well-being of others.

I truly appreciate your commitment and everything you do for our communities, state, and our country.

Wishing you all a safe and Happy Thanksgiving!

## THE SHOPPES AT SOLANA PRESENTS BLACK FRIDAY WKND FESTIVAL



**SHOP LOCAL  
BLACK FRIDAY WKND!**

- FACEPAINTING
- KIDS CRAFT STATIONS
- GAMES
- MUSIC
- MEET & GREET WITH BLUEY
- SPIDERMAN • HELLO KITTY
- PRINCESSES & MORE



Nov 30, from 10am-6pm

750 Sunland Park Dr., El Paso, TX 79912

[Click here for additional details](#)

[Get tickets](#) for **New Mexico Ice Wolves at El Paso Rhinos at El Paso County Coliseum** in El Paso, TX on Sun, Dec 1, 2024 - 4:30PM



## TriCare Resources Now Available watch or chat



[Watch the webinar here.](#)



[TRICARE Facebook Page](#)

### Have questions about Open Season 2024?

Join us for **Chat with TRICARE**, a live Q&A on our Facebook page.

**December 3 | 2-3 p.m. ET**



**DECEMBER CHALLENGE**

SO, TF WEST? DO YOU ACCEPT HIS CHALLENGE?

**Tell SGM Franck that you're in.**  
469-877-9348 (text or Signal app)

**3000 pushups**

**you begin DEC 1 @ 0001**

**You stop when SGM says.**



12 PM	3 PM	6 PM	9 PM	12 AM	3 AM	6 AM
Thu	Fri	Sat	Sun	Mon	Tue	Wed
65° 42°	60° 43°	65° 46°	69° 46°	65° 48°	67° 49°	69° 49°

[7 day forecast in your area](#)

### PAY DATES FY25

TASK FORCE	Period	Days	Date Paid	Period	Days	Date Paid
TF WEST	30 OCT - 28 NOV 24	30	5-6 Dec	29 NOV - 29 DEC 24	31	6-7 Jan
TXSG	1 NOV - 30 NOV 24	30		1 DEC - 31 DEC 24	31	

OLS Rally Point

