

TRICARE BENEFICIARY BULLETIN – APRIL 15, 2010 – 665

WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M AUSTIN CAMACHO (:10)

FIRST UP: LORRAINE CWIEKA REMINDS BENEFICIARIES TO PLAN AHEAD FOR PRESCRIPTIONS WHEN MOVING

WITH ALL OF THE DETAILS INVOLVED IN MOVING TO A NEW DUTY STATION, TRANSFERRING PRESCRIPTION MEDICATION MAY NOT BE ON THE TOP OF THE LIST FOR MANY BENEFICIARIES.

BEFORE THEY MOVE, BENEFICIARIES SHOULD GET THE LONGEST MEDICATION SUPPLY POSSIBLE – GENERALLY UP TO 90 DAYS FOR MOST PRESCRIPTIONS AT A MILITARY TREATMENT

FACILITY (MTF) PHARMACY OR THROUGH TRICARE HOME DELIVERY OR UP TO 30 DAYS FROM THE RETAIL NETWORK PHARMACY.

WHEN THE MOVE IS COMPLETE, IF BENEFICIARIES ARE GOING TO USE AN MTF PHARMACY, THEY SHOULD GO THERE AS SOON AS POSSIBLE TO TRANSFER THEIR PRESCRIPTIONS AND REMAINING REFILLS. BENEFICIARIES MAY ALSO CHOOSE TO ENROLL IN TRICARE HOME DELIVERY OR USE A TRICARE RETAIL NETWORK PHARMACY INSTEAD. NEITHER OPTION HAS A COST-SHARE FOR ACTIVE DUTY SERVICE MEMBERS.

TRICARE HOME DELIVERY IS THE LEAST EXPENSIVE OPTION WHEN NOT USING A MTF PHARMACY. THIS IS ESPECIALLY ENCOURAGED FOR BENEFICIARIES USING LONG-TERM MAINTENANCE MEDICATIONS. CURRENT USERS OF TRICARE HOME DELIVERY SHOULD CONTACT EXPRESS SCRIPTS TO UPDATE THEIR ADDRESS ONCE THEY MOVE AND HAVE UPDATED THEIR ADDRESS IN THE DEFENSE ENROLLMENT ELIGIBILITY SYSTEM.

BENEFICIARIES IN THE UNITED STATES AND U.S. TERRITORIES CAN ALSO HAVE A PRESCRIPTION FILLED AT A TRICARE RETAIL NETWORK PHARMACY. TRICARE BENEFICIARIES CAN TRANSFER REMAINING REFILLS FROM MOST PRESCRIPTIONS FILLED AT AN MTF PHARMACY TO A RETAIL NETWORK PHARMACY. GO TO [EXPRESS-SCRIPTS.COM/TRICARE](https://express-scripts.com/tricare) TO FIND A NEARBY RETAIL NETWORK PHARMACY. IT IS HELPFUL TO HAVE THE INFORMATION CONTAINED ON THE PRESCRIPTION BOTTLE AS WELL AS THE PHONE NUMBER TO THE MTF PHARMACY. STATE LAWS VARY REGARDING WHICH PRESCRIPTIONS CAN AND CANNOT BE TRANSFERRED.

VISIT [TRICARE.MIL/PHARMACY](https://tricare.mil/pharmacy) FOR MORE INFORMATION ABOUT FILLING AND TRANSFERRING PRESCRIPTIONS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT, TIPS ON LOWERING YOUR BLOOD PRESSURE

IT IS ESTIMATED THAT ONE OUT OF THREE ADULTS IN THE UNITED STATES HAS HIGH BLOOD PRESSURE, ALSO CALLED HYPERTENSION. MANY PEOPLE DON'T KNOW THEY HAVE HIGH BLOOD PRESSURE, A COMMON MEDICAL CONDITION THAT CAN HAVE SEVERE CONSEQUENCES, SUCH AS HEART ATTACK, HEART FAILURE, STROKE AND KIDNEY DISEASE, IF LEFT UNTREATED. THE GOOD NEWS IS THAT HIGH BLOOD PRESSURE CAN BE CONTROLLED.

HIGH BLOOD PRESSURE IS MOST COMMON IN PEOPLE WHO ARE OVER AGE 55, OVERWEIGHT, PHYSICALLY INACTIVE, SMOKE, EAT TOO MUCH SALT OR LIVE WITH DIABETES.

IF YOU DO HAVE HIGH BLOOD PRESSURE, THERE ARE STEPS YOU CAN TAKE TO LOWER IT. EXERCISING REGULARLY, EATING HEALTHY FOODS, CONTROLLING YOUR WEIGHT AND LIMITING ALCOHOL CONSUMPTION CAN ALL HELP. BECAUSE YOU CAN HAVE HIGH BLOOD PRESSURE WITH NO SYMPTOMS, THE BEST WAY TO MONITOR YOUR BLOOD PRESSURE IS TO HAVE IT CHECKED REGULARLY.

FOR MORE INFORMATION ON PREVENTING AND CONTROLLING
HIGH BLOOD PRESSURE, VISIT THE AMERICAN HEART
ASSOCIATION AT AMERICANHEART.ORG.

FOR TRICARE MANAGEMENT ACTIVITY, I'M AUSTIN CAMACHO.

FINALLY, ANNMARIE FELICIO REPORTS ON ADJUNCTIVE DENTAL
CARE COVERED UNDER TRICARE PRIME

TRICARE PRIME DOES NOT COVER ROUTINE DENTAL CARE, BUT
IT DOES COVER ADJUNCTIVE DENTAL CARE SERVICES. SO WHAT
IS "ADJUNCTIVE" DENTAL CARE?

ADJUNCTIVE DENTAL CARE REFERS TO AN INTEGRAL PART OF
TREATMENT FOR A COVERED MEDICAL CONDITION, OR DENTAL
TRAUMA RESULTING FROM MEDICALLY NECESSARY
PREPARATION FOR OR TREATMENT OF AN INJURY OR DISEASE.
ADJUNCTIVE DENTAL CARE DOES REQUIRE PRIOR
AUTHORIZATION FROM YOUR REGIONAL CONTRACTOR.

SOME OF THE ADJUNCTIVE DENTAL PROCEDURES THAT TRICARE PRIME MAY COVER INCLUDE:

- REMOVAL OF TEETH AND TOOTH FRAGMENTS TO TREAT AND REPAIR FACIAL TRAUMA RESULTING FROM AN INJURY;
- TREATMENT OF TOTAL OR COMPLETE ANKYLOGLOSSIA, OR TONGUE-TIE, TO ALLEVIATE DIFFICULTY SWALLOWING OR SPEAKING. PARTIAL ANKYLOGLOSSIA IS NOT COVERED.
- DENTAL OR ORTHODONTIC CARE THAT IS DIRECTLY RELATED TO THE MEDICAL AND/OR SURGICAL CORRECTION OF A SEVERE BIRTH DEFECT; AND
- DENTAL CARE IN PREPARATION FOR, OR AS A RESULT OF, IN-LINE RADIATION THERAPY FOR ORAL OR FACIAL CANCER.

UNDER CERTAIN CIRCUMSTANCES, TRICARE PRIME COVERS GENERAL ANESTHESIA SERVICES AND FACILITY CHARGES FOR DENTAL TREATMENT PROVIDED TO BENEFICIARIES WITH DEVELOPMENTAL, MENTAL OR PHYSICAL DISABILITIES, AS WELL AS CHILDREN AGE 5 AND YOUNGER.

YOUR PROVIDER MUST OBTAIN PRIOR AUTHORIZATION FROM YOUR REGIONAL CONTRACTOR BEFORE YOU RECEIVE ANY ADJUNCTIVE DENTAL TREATMENT. THE PRIOR AUTHORIZATION REQUIREMENT IS WAIVED ONLY WHEN ESSENTIAL ADJUNCTIVE DENTAL CARE INVOLVES A MEDICAL EMERGENCY, SUCH AS FACIAL INJURIES RESULTING FROM A CAR ACCIDENT.

FOR MORE INFORMATION ON ADJUNCTIVE DENTAL CARE, VISIT TRICARE.MIL/MYBENEFIT.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL HAVE MORE NEWS YOU CAN USE NEXT WEEK. (:03)

TAIL MUSIC (:03)