

**TRICARE BENEFICIARY BULLETIN #02– 800 WORDS – 02/12/09**

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: TRICARE IS TRAINING CIVILIAN PROVIDERS ON MILITARY BEHAVIORAL HEALTH. THEIR NEW PILOT PROGRAM DELIVERS POST TRAUMATIC STRESS DISORDER AND TRAUMATIC BRAIN INJURY EDUCATION TO CIVILIAN BEHAVIORAL HEALTH PROVIDERS IN A CONVENIENT, ONLINE SETTING. THE NEW CIVILIAN PROVIDER PORTAL IS AT **WWW.HEALTH.MIL/CIVILIAN** PROVIDER EDUCATION.

MICHAEL VEASEY, DEPUTY PROGRAM MANAGER FOR DEFENSE HEALTH SERVICES SYSTEMS, SAYS THE PORTAL IS DESIGNED TO OFFER COURSES THAT SPECIFICALLY EDUCATE CIVILIAN PRIMARY CARE AND MENTAL HEALTH PROVIDERS ON CARE RELATED TO MILITARY EXPERIENCES.

(2:44)“THEY NEED TO APPRECIATE WHERE THE SOLDIER IS COMING FROM, WHAT HIS EXPERIENCES WERE, I MEAN HE’S SEEN A LOT OF DESTRUCTION AND A LOT OF VIOLENCE AND IT TAKES SOME DEGREE OF UNDERSTANDING TO GET THE SOLDIER TO OPEN UP AND TALK ABOUT HIS

EXPERIENCES AND HOW HE GOT INJURED AND WHAT IT WAS LIKE.  
BECAUSE IT'S MORE THAN TREATING THE WOUND YOU KNOW WE HAVE TO  
TREAT THE MIND.” (:25)

TRICARE ESTABLISHED THE PORTAL IN RESPONSE TO THE SUCCESS OF  
WEEK-LONG ON-SITE BEHAVIORAL HEALTH TRAINING SESSIONS GIVEN TO  
CIVILIAN PROVIDERS IN VARIOUS LOCATIONS THROUGHOUT THE UNITED  
STATES.

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NEXT, ANN MARIE FELICIO EXPLAINS THAT TRICARE'S REGIONAL OFFICES  
AND MANAGED CARE CONTRACTORS WERE AMONG THE EXHIBITORS AT  
THE 2009 AUTISM CONFERENCE LAST WEEK IN JACKSONVILLE, FLA.

REPRESENTATIVES FROM TRICARE'S MANAGED CARE SUPPORT  
CONTRACTORS ATTENDED THIS YEAR'S AUTISM CONFERENCE TO  
EDUCATE ATTENDEES ABOUT THE TRICARE AUTISM DEMONSTRATION  
PROJECT AND ENROLL QUALIFIED PROVIDERS. ELIGIBLE BENEFICIARIES IN  
ATTENDANCE FROM ACROSS THE COUNTRY ALSO LEARNED HOW THEY  
CAN PARTICIPATE IN THE DEMONSTRATION.

SPONSORED BY THE ASSOCIATION FOR BEHAVIOR ANALYSIS  
INTERNATIONAL, THE THREE DAY CONFERENCE INCLUDED EXPERT PANEL

SESSIONS AND PRESENTERS FROM AROUND THE WORLD.

THE DEPARTMENT OF DEFENSE AUTISM SERVICES DEMONSTRATION IS PART OF TRICARE'S EXTENDED CARE HEALTH OPTION, OR ECHO, BENEFIT. IT'S DESIGNED TO INCREASE ACCESS TO APPLIED BEHAVIOR ANALYSIS OR ABA THERAPY, FOR ELIGIBLE TRICARE BENEFICIARIES BY ALLOWING REIMBURSEMENT FOR ABA THERAPY DELIVERED BY TUTORS EMPLOYED AND SUPERVISED BY BOARD CERTIFIED BEHAVIOR ANALYSTS AND ASSISTANT BEHAVIOR ANALYSTS.

AS OF JANUARY, THERE WERE NEARLY 1,000 SUPERVISORS AND TUTORS NATIONWIDE TO PROVIDE SERVICES TO BENEFICIARIES ENROLLED IN THE AUTISM SERVICES DEMONSTRATION PROJECT. ABOUT 8,500 TRICARE BENEFICIARIES ARE CURRENTLY ELIGIBLE FOR THEIR SERVICES. FOR THE TRICARE MANAGEMENT ACTIVITY, I'M ANN MARIE FELICIO

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AND FINALLY, FEBRUARY IS AMERICAN HEART MONTH AND TRICARE ENCOURAGES ALL BENEFICIARIES TO REDUCE THEIR RISKS FOR DEVELOPING HEART DISEASE, AS ROB FOX REPORTS.

HEART DISEASE IS THE NUMBER ONE CAUSE OF DEATH IN THE UNITED STATES. ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, ALMOST 700,000 PEOPLE DIE FROM HEART DISEASE IN THE

U.S. EACH YEAR. AMERICAN HEART MONTH IS THE PERFECT TIME TO LEARN ABOUT CARDIOVASCULAR HEALTH.

THE NATIONAL INSTITUTES OF HEALTH LIST SIX KEY STEPS TO HELP REDUCE THE RISK OF HAVING A HEART ATTACK: STOP SMOKING, LOWER HIGH BLOOD PRESSURE, REDUCE CHOLESTEROL, AIM FOR A HEALTHY WEIGHT, BE PHYSICALLY ACTIVE EACH DAY AND MANAGE DIABETES

SMOKING SIGNIFICANTLY INCREASES THE RISK OF HEART ATTACKS IN MEN AND WOMEN. TALKING WITH A PRIMARY CARE MANAGER TO DEVELOP AN ACTION PLAN WILL HELP ENSURE SUCCESS IN EFFORTS TO QUIT SMOKING AND THE DEPARTMENT OF DEFENSE HAS A PROGRAM THAT IS ONLY A CLICK AWAY ONLINE. AT [WWW.U-CAN=QUIT-2.ORG](http://WWW.U-CAN=QUIT-2.ORG) YOU'LL FIND RESOURCES TO HELP WITH QUITTING, EVERY STEP OF THE WAY.

HIGH BLOOD PRESSURE, ALSO KNOWN AS HYPERTENSION, MAKES THE HEART WORK HARDER AND INCREASES THE RISK OF HEART DISEASE, KIDNEY DISEASE AND STROKE. TO HELP PREVENT OR CONTROL HIGH BLOOD PRESSURE, THE N-I-H RECOMMENDS LOSING EXCESS WEIGHT, EXERCISING REGULARLY, FOLLOWING A HEART-HEALTHY EATING PLAN AND LIMITING ALCOHOL INTAKE.

YOU CAN REDUCE HIGH CHOLESTEROL WITH A HEALTHY EATING PLAN,

EXERCISE AND SHEDDING EXCESS WEIGHT. IF THESE ARE NOT ENOUGH, THERE ARE MEDICATIONS THAT MAY HELP.

FOR ANYONE WHO IS OVERWEIGHT, THERE IS AN INCREASED CHANCE OF A HEART ATTACK. FOR LOSING EXCESS WEIGHT, TRICARE RECOMMENDS BENEFICIARIES TALK WITH THEIR P-C-M ABOUT DEVELOPING A HEALTHY AND SUCCESSFUL PLAN.

THE N-I-H SUGGESTS 30 MINUTES OF MODERATE-INTENSITY EXERCISE, PREFERABLY EACH DAY OF THE WEEK. EXERCISE REDUCES THE RISK OF HEART-RELATED PROBLEMS, INCLUDING HEART ATTACKS. EXERCISE CAN ALSO IMPROVE CHOLESTEROL LEVELS, HELP CONTROL HIGH BLOOD PRESSURE AND MANAGE WEIGHT AND CAN HELP CONTROL DIABETES.

THE SAME LIFESTYLE CHANGES THAT REDUCE HIGH CHOLESTEROL, BLOOD PRESSURE AND EXCESS WEIGHT WILL ALSO HELP MANAGE DIABETES. DIABETES AFFECTS MORE THAN 16 MILLION AMERICANS, AND UP TO 75 PERCENT OF THOSE WITH DIABETES DEVELOP HEART DISEASE.

MAKE EVERY MONTH AMERICAN HEART MONTH FOR A HEALTHY LIFE.

FOR THE TRICARE MANAGEMENT ACTIVITY, I'M ROBERT FOX.

AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL HAVE  
MORE NEWS YOU CAN USE NEXT WEEK. (:37)

TAIL MUSIC (:03)