

TRICARE BENEFICIARY BULLETIN #08– 752 WORDS – 03/26/09

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 HAS PUBLISHED A NEW BEHAVIORAL HEALTH RESOURCE GUIDE. NO ONE QUESTIONS THE NEED FOR MEDICAL CARE FOR A SPRAINED ARM OR A HEART PROBLEM. BUT WHEN PEOPLE EXPERIENCE EMOTIONAL PROBLEMS THEY MAY FEEL EMBARRASSED OR AFRAID TO SEEK HELP WHEN THE TROUBLING SIGNS FIRST SURFACE.

TO SERVE THE NEEDS OF BENEFICIARIES, TRICARE HAS PUBLISHED “A TRICARE GUIDE: UNDERSTANDING BEHAVIORAL HEALTH.” THIS 80-PAGE RESOURCE IS AVAILABLE FOR VIEWING BY ALL TRICARE BENEFICIARIES ON THE TRICARE SMART SITE.

THIS GUIDE IS AN IMPORTANT TOOL TO REDUCE THE STIGMA ASSOCIATED WITH GETTING HELP FOR BEHAVIORAL AND MENTAL HEALTH ISSUES. “A TRICARE GUIDE: UNDERSTANDING BEHAVIORAL HEALTH” CORRESPONDS WITH TWO DEPARTMENT OF DEFENSE INITIATIVES. THE FIRST PROMOTES AWARENESS ABOUT POST-TRAUMATIC STRESS DISORDER TREATMENT, AND THE OTHER IS AN EFFORT TO HELP RETURNING SERVICE MEMBERS BY PROVIDING EXPANDED COUNSELING SERVICES.

THE GUIDE PROVIDES INFORMATION ON SEVEN MAIN TOPICS: TRICARE AND YOUR BEHAVIORAL HEALTH; UNDERSTANDING BEHAVIORAL HEALTH; COVERED SERVICES, LIMITATIONS AND EXCLUSIONS; WHO TO SEE FOR CARE; GETTING CARE; YOUR RIGHT TO PRIVACY; AND FOR INFORMATION AND ASSISTANCE.

TO SEE THE GUIDE, GO TO WWW.TRICARE.MIL/TRICARESMART. THEN CLICK TRICARE PRODUCTS ONLINE, CHOOSE YOUR REGION AND LOOK FOR THE TRICARE BEHAVIORAL HEALTH CARE GUIDE.

NEXT, THE EASIEST WAY TO LEARN ABOUT TRICARE BENEFITS IS BY WATCHING MOVIES, AS ANNMARIE FELICIO REPORTS.

TRICARE IS EXPANDING ITS BENEFICIARY EDUCATION PROGRAM TO INCLUDE STREAMING VIDEOS DESIGNED TO HELP SERVICE MEMBERS AND THEIR FAMILIES UNDERSTAND THEIR HEALTHCARE BENEFITS. TRIWEST HEALTHCARE ALLIANCE, THE MANAGED CARE CONTRACTOR FOR TRICARE'S WEST REGION, HAS DEVELOPED A SERIES OF VIDEOS CALLED TRICARE 2 YOU.

TRICARE 2 YOU" VIDEOS ARE ABOUT THREE MINUTES LONG AND PRODUCED IN A PRIME-TIME NEWS FORMAT. THEY EXPLAIN TRICARE PLAN OPTIONS, HOW TO ACCESS SPECIALTY CARE, BEHAVIORAL HEALTH RESOURCES, PHARMACY OPTIONS, NEWBORN ENROLLMENT AND MORE.

THE VIDEOS SHOULD PROVE VERY USEFUL TO SERVICE MEMBERS, ESPECIALLY NATIONAL GUARD AND RESERVE MEMBERS WHO DON'T HAVE CONVENIENT ACCESS TO THE RESOURCES ON A MILITARY INSTALLATION.

YOU CAN VIEW THE TRICARE 2 YOU ONLINE LIBRARY AT
WWW.TRIWEST.COM/T2U. THE PORTAL ALSO INCLUDES
E-NEWSLETTERS AND PUBLISHED ARTICLES THAT ANSWER
FREQUENTLY ASKED QUESTIONS ABOUT TRICARE TOPICS, AND
LINKS TO RELATED RESOURCES SO TRICARE BENEFICIARIES
CAN GET ANSWERS TO COMMON HEALTHCARE QUESTIONS
ANYTIME, FROM ANYWHERE WITH AN INTERNET CONNECTION.

FOR THE TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE
FELICIO.

AND FINALLY, TRICARE WANTS TO REMIND YOU THAT WHEN IT
COMES TO YOUR BENEFITS, YOUR FIRST RESPONSIBILITY IS
MAKING SURE YOU AND YOUR FAMILY REMAIN ELIGIBLE FOR
TRICARE. AND THAT MEANS KEEPING YOUR INFORMATION UP
TO DATE IN DEERS, THE DEFENSE ENROLLMENT ELIGIBILITY
REPORTING SYSTEM.

AS A TRICARE BENEFICIARY, YOUR DEERS INFORMATION MUST BE CORRECT AND CURRENT FOR YOU TO REMAIN ELIGIBLE FOR TRICARE.

YOU SHOULD UPDATE DEERS AS SOON AS POSSIBLE WHEN YOU EXPERIENCE ANY LIFE EVENT THAT CHANGES YOUR TRICARE STATUS, SUCH AS: RELOCATION TO A NEW AREA,

- CHANGE IN STATUS FROM ACTIVE DUTY TO RETIRED,
- CHANGE OF ADDRESS,
- CHANGE IN MARITAL STATUS,
- BIRTH, DEATH OR ADOPTION,
- MEDICARE ENTITLEMENT, WHETHER DUE TO AGE, DISABILITY OR END STAGE RENAL DISEASE, OR A CHANGE IN
- STUDENT STATUS FOR CHILDREN AGE 21 AND OVER.

THE DEERS DATABASE CONTAINS INFORMATION ABOUT SERVICE MEMBERS, THEIR FAMILIES AND EVERYONE ELSE ELIGIBLE FOR MILITARY BENEFITS.

HEALTH CARE PROVIDERS, SUCH AS YOUR DOCTOR OR PHARMACIST, VERIFY YOUR TRICARE ELIGIBILITY BEFORE RENDERING SERVICES OR FILLING PRESCRIPTIONS. IF ANY OF YOUR INFORMATION IS INCORRECT OR OUTDATED, YOU COULD BE DENIED COVERAGE.

TO UPDATE DEERS:

- VISIT A UNIFORMED SERVICES PERSONNEL OFFICE. TO FIND ONE NEAR YOU, YOU CAN CALL 800_538_9552.

YOU CAN UPDATE CONTACT INFORMATION ONLINE AT WWW.TRICARE.MIL/DEERS.

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

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