

TRICARE BENEFICIARY BULLETIN – AUGUST 19, 2010 – 659

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: ANNEMARIE FELICIO REMINDS BENEFICIARIES TO GET THEIR FLU VACCINATIONS!

ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, MORE THAN 200,000 PEOPLE IN THE UNITED STATES ARE HOSPITALIZED EACH YEAR DUE TO FLU-RELATED CAUSES. YOU CAN DECREASE YOUR CHANCES OF GETTING THE FLU BY GETTING VACCINATED.

THE CDC RECOMMENDS AN ANNUAL FLU VACCINE FOR THOSE IN THE FOLLOWING CATEGORIES:

- CHILDREN AGES 6 MONTHS TO 18 YEARS
- PREGNANT WOMEN
- PEOPLE AGE 50 AND OLDER
- PEOPLE WITH CERTAIN CHRONIC MEDICAL CONDITIONS
- PEOPLE WHO LIVE IN NURSING HOMES OR OTHER LONG-TERM CARE FACILITIES
- PEOPLE WHO LIVE WITH, CARE FOR OR INTERACT WITH THOSE IN THE ABOVE CATEGORIES SHOULD ALSO RECEIVE ANNUAL FLU VACCINES. THIS INCLUDES HEALTH CARE WORKERS AND CAREGIVERS.

TRICARE COVERS BOTH THE FLU SHOT AND THE NASAL-SPRAY VACCINE. HEALTHY BENEFICIARIES OF ANY AGE MAY RECEIVE THE FLU SHOT; HOWEVER, THE NASAL-SPRAY VACCINE SHOULD ONLY BE ADMINISTERED TO HEALTHY PEOPLE AGES 2 THROUGH 49, EXCEPT FOR PREGNANT WOMEN.

IF YOU ARE AN ACTIVE DUTY SERVICE MEMBER OR NATIONAL GUARD AND RESERVE MEMBER, CONTACT THE NEAREST

MILITARY TREATMENT FACILITY TO DETERMINE WHERE TO RECEIVE A FLU VACCINATION.

YOU MAY ALSO VISIT YOUR NEAREST PARTICIPATING TRICARE RETAIL NETWORK PHARMACY TO RECEIVE SEASONAL FLU VACCINATIONS WITHOUT PAYING COPAYMENTS. VISIT EXPRESS-SCRIPTS.COM/TRICARE TO LOCATE A PARTICIPATING PHARMACY.

YOU CAN ALSO RECEIVE THE FLU VACCINE FROM YOUR PRIMARY CARE MANAGER AT HIS OR HER OFFICE FOR NO COPAYMENT. MAKE AN APPOINTMENT TODAY TO GET VACCINATED AND HELP PROTECT YOUR FAMILY FROM THE FLU!

FOR MORE INFORMATION ON TRICARE'S FLU VACCINE COVERAGE, VISIT TRICARE.MIL/FLU.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NEXT UP: LORRAINE CWIEKA REPORTS ON MONITORING YOUR NETWORK REFERRALS AND AUTHORIZATIONS

MANAGING YOUR HEALTH CARE IS A TEAM EFFORT, WITH EACH MEMBER OF THE TEAM PERFORMING IMPORTANT ROLES. WHEN YOU NEED TO SEE A SPECIALIST OR RECEIVE TREATMENT THAT REQUIRES PRIOR AUTHORIZATION, YOUR PRIMARY CARE MANAGER WILL SUBMIT THE NECESSARY REQUESTS TO YOUR REGIONAL CONTRACTOR. ONCE THE REQUEST IS AUTHORIZED, YOU WILL RECEIVE AN APPROVAL LETTER THAT INCLUDES THE DETAILS OF THE AUTHORIZATION.

AS A TRICARE BENEFICIARY, YOU HAVE THE RIGHT AND RESPONSIBILITY TO BE INVOLVED IN THE HEALTH CARE DECISIONS AND TREATMENT THAT AFFECT YOU. THIS MEANS NOT ONLY WORKING WITH YOUR PROVIDER TO DEVELOP AND CARRY OUT AGREED-UPON TREATMENT PLANS, BUT ALSO MONITORING THE TERMS AND DETAILS OF YOUR REFERRALS AND AUTHORIZATIONS AS SPECIFIED IN THE APPROVAL LETTER. FOR MORE INFORMATION ABOUT YOUR RIGHTS AND

RESPONSIBILITIES AS A TRICARE BENEFICIARY, VISIT
TRICARE.MIL/PATIENTRIGHTS.

PRIOR AUTHORIZATIONS FOR MEDICAL OR SURGICAL SERVICES
WILL HAVE A BEGIN DATE AND END DATE. ADDITIONALLY,
PRIOR AUTHORIZATIONS FOR BEHAVIORAL HEALTH CARE
SERVICES WILL SPECIFY A NUMBER OF VISITS. MAKE SURE YOU
RECEIVE THE APPROVED CARE UNDER THE AUTHORIZATION
BEFORE IT EXPIRES. IF YOUR AUTHORIZATION EXPIRES BEFORE
YOU CAN COMPLETE YOUR CARE, YOU WILL NEED TO GET
ANOTHER REFERRAL AND AUTHORIZATION FROM YOUR
PRIMARY CARE MANAGER. WORKING CLOSELY WITH YOUR
PROVIDER TO MONITOR THE NUMBER OF VISITS AND THE TIME
FRAME FOR CARE IS VERY IMPORTANT.

IF YOU HAVE QUESTIONS ABOUT THE STATUS OF YOUR
REFERRALS OR AUTHORIZATIONS, CHECK WITH YOUR
REGIONAL CONTRACTOR.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

OBESITY IS A COMPLEX AND SERIOUS MEDICAL CONDITION THAT NEEDS TO BE ADDRESSED ON NUMEROUS LEVELS. TRICARE RECOGNIZES THE BATTLE AGAINST CHILDHOOD OBESITY IS A CRITICAL PART IN ADDRESSING ADULT OVERWEIGHT AND OBESITY ISSUES.

OVERWEIGHT OR OBESITY PROBLEMS BEGINNING IN CHILDHOOD TEND TO BE MORE SEVERE AND ARE ASSOCIATED WITH MORE UNFAVORABLE EFFECTS THAN IF THEY BEGIN IN ADULTHOOD. MORE AND MORE CHILDREN ARE SUFFERING FROM HEALTH PROBLEMS NORMALLY FOUND IN MIDDLE-AGE ADULTS.

MILITARY PERSONNEL, RETIREES AND THEIR FAMILIES CAN UTILIZE THE SUPPORT FROM THE DEFENSE COMMISSARY AGENCY. THEIR WEB SITE, COMMISARIES.COM, PROVIDES DIETARY ADVICE COLUMNS, RECIPES AND INFORMATION ON MAKING HEALTHY FOOD CHOICES. THE “MYPYRAMID” TOOL FROM THE AGRICULTURE DEPARTMENT ASSISTS BY CREATING A

PERSONALIZED EATING SCHEDULE AND PHYSICAL ACTIVITY
PLAN.

ALSO, UNIFORMED SERVICE FAMILIES, CIVILIAN EMPLOYEES
AND MILITARY RETIREES CAN USE MANY OF SERVICES AT
MORALE, WELFARE AND RECREATION CENTERS. BEGIN A
WORKOUT REGIMEN, PARTICIPATE IN SPORTS, LEARN A NEW
SKILL OR MAINTAIN A HEALTHY LIFESTYLE WITH THEIR HELP.

FOR MORE INFORMATION ON WAYS TO FIGHT OBESITY, VISIT
TRICARE.MIL/GETFIT.

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

TAIL MUSIC (:03)