

TRICARE BENEFICIARY BULLETIN – FEBRUARY 10, 2011 – 640 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 REPORTS ON TRICARE OPTIONS AVAILABLE TO RECENTLY DEACTIVATED MEMBERS OF THE NATIONAL GUARD AND RESERVE AND THEIR FAMILIES.

THE ACTIVATION AND DEACTIVATION CYCLE OF NATIONAL GUARD AND RESERVE MEMBERS IS A CHALLENGING PROCESS FOR SERVICE MEMBERS AND THEIR FAMILIES. TRICARE OFFERS MANY OPTIONS FOR MAINTAINING THE HEALTH OF YOU AND YOUR FAMILY DURING YOUR TRANSITION FROM ACTIVE DUTY BACK TO CIVILIAN LIFE.

AFTER SERVING IN CONTINGENCY OPERATIONS FOR MORE THAN 30 DAYS, DEACTIVATED MEMBERS OF THE NATIONAL GUARD AND RESERVE AND THEIR FAMILY MEMBERS ARE ELIGIBLE TO RECEIVE CARE THROUGH THE TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM OR TAMP. WHEN YOU BECOME ELIGIBLE FOR TAMP, YOU AND YOUR FAMILY MEMBERS ARE COVERED UNDER TRICARE STANDARD AND TRICARE EXTRA FOR 180 DAYS AFTER DEACTIVATION.

ONCE YOUR TAMP COVERAGE ENDS, YOU MAY BE ELIGIBLE TO PURCHASE TRICARE RESERVE SELECT. TRICARE RESERVE SELECT IS A PREMIUM-BASED HEALTH PLAN THAT QUALIFIED NATIONAL GUARD AND RESERVE MEMBERS MAY PURCHASE AT ANY TIME. FOR MORE INFORMATION ON TRICARE RESERVE SELECT INCLUDING ANNUAL PREMIUM INFORMATION, GO TO [TRICARE.MIL/TRS](https://tricare.mil/trs).

THE CONTINUED HEALTH CARE BENEFIT PROGRAM IS ANOTHER HEALTH CARE OPTION FOR QUALIFIED MEMBERS OF THE NATIONAL GUARD AND RESERVE. MORE INFORMATION ABOUT THIS PROGRAM IS AVAILABLE AT [TRICARE.MIL/CHCBP](https://tricare.mil/chcbp).

WHILE COVERED UNDER EITHER PROGRAM, MEMBERS OF THE NATIONAL GUARD AND RESERVE AND THEIR FAMILIES HAVE TRICARE PRESCRIPTION DRUG COVERAGE. THEY MAY ALSO PURCHASE DENTAL CARE COVERAGE THROUGH THE TRICARE DENTAL PROGRAM AT ANY TIME.

VISIT TRICARE.MIL/MYBENEFIT FOR ADDITIONAL INFORMATION REGARDING ACTIVATION AND DEACTIVATION BENEFIT OPTIONS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT: ANNEMARIE FELICIO REPORTS ON TRANSITIONING INTO TRICARE FOR LIFE.

IF YOU BECOME ELIGIBLE FOR MEDICARE AT AGE 65 OR BECAUSE OF DISABILITY OR END STAGE RENAL DISEASE, YOUR TRICARE COVERAGE WILL CHANGE. WHEN YOU ARE ELIGIBLE FOR TRICARE AND HAVE MEDICARE PARTS A AND B, YOU ARE COVERED BY TRICARE FOR LIFE, OR TFL.

TFL PAYS AFTER MEDICARE PAYS FOR ALL SERVICES COVERED BY BOTH MEDICARE AND TRICARE. THERE'S NO ENROLLMENT FOR TFL, BUT THERE ARE STEPS TO FOLLOW TO MAKE SURE YOU REMAIN TRICARE ELIGIBLE.

FIRST, ENROLL IN MEDICARE PART B. FOR MORE INFORMATION ABOUT FILING FOR MEDICARE VISIT THE SOCIAL SECURITY ADMINISTRATION AT WWW.SSA.GOV.

ONCE YOU HAVE MEDICARE A AND B, VERIFY THAT YOUR RECORD IN DEERS HAS BEEN UPDATED. IF YOU HAVE MEDICARE PART A, YOU MUST ALSO HAVE MEDICARE PART B TO REMAIN ELIGIBLE FOR TRICARE. KEEPING YOUR DEERS INFORMATION CURRENT, EVEN AFTER YOUR TURN 65, IS KEY TO ENSURING EFFECTIVE, TIMELY DELIVERY OF YOUR TRICARE BENEFITS.

VISIT WWW.TRICARE4U.COM TO LEARN MORE ABOUT TRICARE FOR LIFE.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

FOODBORNE ILLNESS IS ANY DISEASE CAUSED BY EATING FOOD OR DRINKING BEVERAGES CONTAMINATED WITH BACTERIA, PARASITES OR VIRUSES. HARMFUL CHEMICALS AND NATURAL TOXINS CAN ALSO CAUSE FOODBORNE ILLNESSES AND ARE USUALLY INTRODUCED DURING HARVESTING OR PROCESSING.

TRICARE OFFICIALS WANT THEIR BENEFICIARIES TO KNOW THAT MOST FOODBORNE ILLNESS CAN BE PREVENTED BY FOLLOWING SAFE FOOD-HANDLING PROCEDURES AND PREPARATION TIPS.

THE DEFENSE COMMISSARY AGENCY, OR DECA, OPERATES THE WORLDWIDE CHAIN OF COMMISSARIES PROVIDING GROCERIES TO MILITARY PERSONNEL, RETIREES AND THEIR FAMILIES. SINCE 2007, DECA HAS PARTICIPATED IN THE “BE FOOD SAFE” PROGRAM WHICH HELPS EDUCATE MILITARY PERSONNEL ABOUT THE FOUR STEPS OF PREVENTING FOODBORNE ILLNESSES IN THE KITCHEN.

THE “BE FOOD SAFE” PROGRAM STEPS ARE:

- CLEAN – WASH HANDS AND SURFACES OFTEN. RINSE FRUITS AND VEGETABLES OFF.
- SEPARATE – DON'T CROSS-CONTAMINATE RAW MEAT, POULTRY AND SEAFOOD WITH OTHER FOODS.
- COOK – COOK TO PROPER TEMPERATURES FOR A CERTAIN TIME AND USE A FOOD THERMOMETER.
- CHILL – REFRIGERATE FOODS PROMPTLY. REFRIGERATION SLOWS BACTERIAL GROWTH.

EVEN WITH CORRECT FOOD PREPARATION, A WELL-INFORMED BENEFICIARY STILL MAY GET SICK. SOME COMMON SYMPTOMS AND SIGNS FROM EATING CONTAMINATED FOOD INCLUDE:

- UPSET STOMACH;
- ABDOMINAL CRAMPS;
- NAUSEA AND VOMITING;
- DIARRHEA;
- FEVER; OR
- DEHYDRATION.

IN MOST CASES, FOODBORNE ILLNESSES ARE MILD AND CAN BE TREATED BY INCREASING FLUID INTAKE, EITHER ORALLY OR

INTRAVENOUSLY, TO REPLACE LOST FLUIDS AND ELECTROLYTES.
OVER-THE-COUNTER PRODUCTS FOR DISCOMFORT MAY ALSO
WORK. IF SYMPTOMS PERSIST OR ARE SEVERE IN NATURE, SEEK
MEDICAL ATTENTION IMMEDIATELY.

TO LEARN MORE ABOUT FOOD SAFETY, GO TO BEFOODSAFE.ORG.

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

TAIL MUSIC (:03)