

TRICARE BENEFICIARY BULLETIN – FEBRUARY 17, 2011 – 680 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 REPORTS ON MYTHS ABOUT THE FLU VACCINE.

MANY HAVE HEARD THE STORIES, "I GOT THE FLU SHOT AND THE NEXT DAY I GOT THE FLU" OR "THE FLU SHOT WON'T PROTECT YOU AGAINST THE FLU." DESPITE THE STORIES, RUMORS AND MYTHS, GETTING THE VACCINE IS THE BEST WAY TO GUARD AGAINST THE FLU AND PROTECT PUBLIC HEALTH.

ONE COMMON MYTH IS THAT THE FLU VACCINE CAUSES THE FLU. LIKE OTHER VACCINES, FLU SHOTS CONTAIN KILLED VIRUSES.

THE MOST COMMON SIDE EFFECT FROM THE FLU SHOT IS TEMPORARY SORENESS AT THE SITE OF INJECTION, WHICH IS A SIGN THE BODY IS ACTUALLY PRODUCING THE ANTIBODIES NEEDED TO FIGHT THE REAL VIRUS IN CASE OF EXPOSURE.

BECAUSE THE INFLUENZA VIRUS MUTATES SO QUICKLY, THERE ARE SEVERAL DIFFERENT STRAINS OF THE FLU. IT IS POSSIBLE FOR A PERSON TO BE EXPOSED TO AN INFLUENZA STRAIN THAT WAS NOT IN THE VACCINE. THAT IS WHY THE FLU VACCINE DOES NOT HAVE THE SAME PERFECT RECORD AS SOME OTHER VACCINES.

THERE IS ALSO AN INTRANASAL VACCINE, WHICH CONTAINS LIVE, WEAKENED FLU VIRUSES THAT REPLICATE IN THE NASAL PASSAGE IN ORDER TO STIMULATE A ROBUST IMMUNE RESPONSE. IT MAY CAUSE BRIEF FLU-LIKE SYMPTOMS AS IT GIVES RECIPIENTS AN ACTIVE IMMUNITY TO THE STRAINS OF INFLUENZA IT CONTAINS. PREGNANT WOMEN SHOULD NOT RECEIVE THE NASAL SPRAY VERSION OF THE VACCINE.

TRICARE BENEFICIARIES CAN GET THE FLU VACCINE AND A VACCINE FOR PNEUMONIA AT NO COST AT MILITARY TREATMENT FACILITIES, AND THROUGH TRICARE-AUTHORIZED PROVIDERS AND PARTICIPATING NETWORK RETAIL PHARMACIES.

FOR MORE INFORMATION ON THE FLU AND GETTING VACCINATED, GO TO TRICARE.MIL/FLU.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NEXT: LORRAINE CWIEKA REPORTS ON PARTICIPATING IN THE GREAT AMERICAN SPIT OUT ON FEBRUARY 24.

THE DEFENSE DEPARTMENT AND TRICARE ARE ENCOURAGING ALL MILITARY PERSONNEL TO PARTICIPATE IN THE GREAT AMERICAN SPIT OUT ON FEBRUARY 24TH!

SOME 19 PERCENT OF 18- TO 24-YEAR-OLD MEN IN THE ARMED FORCES USE SMOKELESS TOBACCO, MORE THAN DOUBLE THE

NATIONAL RATE. TO HELP REDUCE THAT NUMBER, THE DOD QUIT TOBACCO—MAKE EVERYONE PROUD CAMPAIGN AT UCANQUIT2.ORG IS FOCUSING THIS MONTH ON HELPING THOSE WHO SPIT AND CHEW TOBACCO TO DEVELOP A PERSONALIZED QUIT PLAN. THROUGHOUT THE MONTH, THE DOD WEBSITE WILL HOST A SPECIAL GREAT AMERICAN SPIT OUT PAGE WHERE SERVICE MEMBERS CAN PUBLICLY POST THEIR PLEDGE TO QUIT.

VISITORS WILL ALSO FIND HARD-HITTING FACTS THAT DISPEL THE MYTH THAT SMOKELESS TOBACCO IS A SAFE ALTERNATIVE TO SMOKING. FOR INSTANCE, ALMOST HALF OF THOSE WHO CONTRACT ORAL CANCER DIE WITHIN FIVE YEARS, AND ONE PERSON DIES FROM ORAL CANCER EVERY HOUR.

ENROLLING IN THE WEBSITE'S COMPREHENSIVE SUPPORT SYSTEM, TRAIN2QUIT, CAN BE THE FIRST STEP IN THE JOURNEY TO SAYING GOODBYE TO SMOKELESS TOBACCO. THE SYSTEM FEATURES INTERACTIVE COMPONENTS SUCH AS QUIT TOOLS, SELF-ASSESSMENT QUESTIONNAIRES AND QUIZZES. SERVICE MEMBERS CAN CREATE A CUSTOMIZABLE QUIT PLAN WITH A CALENDAR TO

TRACK PROGRESS AND LEARN HOW TO BEAT CRAVINGS, OVERCOME WEIGHT GAIN AND COPE WITH THE EFFECTS OF NICOTINE WITHDRAWAL. THE SITE ALSO HAS PERSONAL QUIT COACHES, AVAILABLE 24/7, TO ANSWER QUESTIONS ABOUT BECOMING TOBACCO-FREE.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

TODAY PEOPLE ARE ALWAYS LOOKING FOR OPPORTUNITIES TO SAVE TIME AND SPEND LESS MONEY. TRICARE PHARMACY HOME DELIVERY ALLOWS BENEFICIARIES TO DO THIS BY DELIVERING MAINTENANCE MEDICATIONS SAFELY AND SECURELY TO THEIR HOME THROUGH THE U.S. MAIL.

HOME DELIVERY IS ESPECIALLY USEFUL FOR BENEFICIARIES WITH PRESCRIPTIONS THEY NEED TO TAKE ON A REGULAR BASIS. THESE MEDICATIONS ARE USED TO TREAT ILLNESSES SUCH AS DIABETES, ASTHMA AND HIGH BLOOD PRESSURE. IF BENEFICIARIES NEED

IMMEDIATE RELIEF FROM A PAIN MEDICATION OR ANTIBIOTICS, THEY SHOULD HAVE THEIR PRESCRIPTION FILLED AT A MILITARY TREATMENT FACILITY OR RETAIL NETWORK PHARMACY.

PHARMACY HOME DELIVERY ALSO FEATURES AN AUTOMATIC PRESCRIPTION REFILL OPTION TO ENSURE BENEFICIARIES ARE ALWAYS SUPPLIED WITH THE MEDICATIONS THEY NEED AND CHECKS MEDICAL AND PRESCRIPTION HISTORY TO AVOID HARMFUL DRUG INTERACTIONS. A PHONE LINE IS AVAILABLE 24/7 TO SPEAK DIRECTLY TO A PHARMACIST.

TRICARE RETAIL NETWORK PHARMACIES FILL PRESCRIPTIONS WITH A 30-DAY SUPPLY. HOME DELIVERY FILLS PRESCRIPTIONS FOR THE SAME COPAYMENT, BUT FOR 90 DAYS. HOME DELIVERY COSTS BENEFICIARIES \$3 FOR A 90-DAY SUPPLY FOR GENERIC FORMULARY MEDICATIONS AND \$9 FOR A 90-DAY SUPPLY FOR FORMULARY BRAND-NAME MEDICATIONS.

TO SIGN UP FOR PHARMACY HOME DELIVERY OR TO LEARN MORE ABOUT THE PROGRAM, GO TO TRICARE.MIL/HOMEDELIVERY.

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

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