

TRICARE BENEFICIARY BULLETIN – FEBRUARY 24, 2011 – 536 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 POSITIVE RESULTS FROM TRICARE'S AUTISM DEMONSTRATION.

DURING THE RECENT 2011 MILITARY HEALTH SYSTEM CONFERENCE, TRICARE OFFICIALS REPORTED ON THE DEFENSE DEPARTMENT'S ENHANCED ACCESS TO AUTISM SERVICES DEMONSTRATION.

THE DEMONSTRATION ALLOWS ELIGIBLE BENEFICIARIES TO RECEIVE APPLIED BEHAVIORAL ANALYSIS INTERVENTION SERVICES FROM TUTORS WORKING UNDER THE SUPERVISION OF BOARD CERTIFIED BEHAVIOR ANALYSTS. THE DEMONSTRATION COVERS

INTERVENTION SERVICES THAT IMPLEMENT BASIC PRINCIPLES OF APPLIED BEHAVIORAL ANALYSIS, OR ABA.

IN A 2010 TRICARE SURVEY, PARENTS WITH CHILDREN PARTICIPATING IN THE DEMONSTRATION EXPRESSED OVERALL SATISFACTION WITH THE QUALITY OF ABA SERVICES.

APPROXIMATELY HALF OF THE PARENTS WITH CHILDREN ENROLLED IN THE DEMONSTRATION SAID THEIR CHILD'S CONDITION WAS MUCH BETTER SINCE RECEIVING ABA, WHILE THE MAJORITY OF PARENTS INDICATED THE CHILD'S CONDITION WAS AT LEAST A LITTLE BETTER.

ABA IS COVERED UNDER THE EXTENDED CARE HEALTH OPTION, OR ECHO. WITHIN ECHO, TRICARE IS PERMITTED TO PROVIDE VARIOUS NON-MEDICAL SERVICES TO ACTIVE DUTY FAMILY MEMBERS WITH QUALIFYING CONDITIONS. HOWEVER, ABA IS NOT COVERED UNDER THE TRICARE BASIC PROGRAM, WHICH COVERS ONLY MEDICAL SERVICES AND EQUIPMENT.

TUTORS WORK ONE-ON-ONE WITH CHILDREN IMPLEMENTING A

BEHAVIOR PLAN DESIGNED AND MAINTAINED BY THE BCBA SUPERVISOR. A TUTOR MAY NOT CONDUCT BEHAVIORAL EVALUATIONS, ESTABLISH A CHILD'S BEHAVIORAL PLAN OR BILL INDEPENDENTLY FOR SERVICES PROVIDED TO TRICARE BENEFICIARIES.

THE DEMONSTRATION, WHICH STARTED IN MARCH 2008, HAS BEEN EXTENDED TO MARCH 2012. LEARN MORE ABOUT ECHO AT [TRICARE.MIL/ECHO](http://TRICARE.MIL/ECHO) AND THE TRICARE AUTISM SERVICES DEMONSTRATION AT [TRICARE.MIL/AUTISMDEMO](http://TRICARE.MIL/AUTISMDEMO).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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TRICARE HAS LAUNCHED ITS UPDATED "GET FIT" WEBPAGE WITH A NEW SECTION FOCUSING ON MONTHLY HEALTHY LIVING TIPS THROUGH SLIDE SHOW PRESENTATIONS.

THE PRESENTATIONS PROVIDE SUGGESTIONS FOR ACTIVITIES AND HEALTH INFORMATION TO HELP BENEFICIARIES MAKE HEALTHIER CHOICES. BENEFICIARIES CAN VIEW OR SAVE THE FILES TO THEIR COMPUTER. THERE IS ALSO A HEALTHY LIVING TIPS ARCHIVE.

EACH MONTH THE TRICARE MANAGEMENT ACTIVITY WILL INTRODUCE A NEW HEALTH THEME TO PROMOTE WORK-LIFE BALANCE BY RAISING AWARENESS AND COMMITMENT TO HEALTH AND WELLNESS. A HEALTHIER LIFESTYLE CAN HAVE MANY BENEFITS, INCLUDING INCREASED ENERGY AND REDUCED STRESS. CHOOSING HEALTHY FOODS AND PARTICIPATING IN PHYSICAL ACTIVITY MAY LOWER RISKS OF HEALTH PROBLEMS.

MAKING INFORMED FOOD CHOICES AND BEING PHYSICALLY ACTIVE CAN HELP BENEFICIARIES REACH AND MAINTAIN A HEALTHY WEIGHT, REDUCE THEIR RISK OF CHRONIC DISEASE AND PROMOTE OVERALL HEALTH.

VISIT [TRICARE.MIL/GETFIT](http://TRICARE.MIL/GETFIT) TODAY FOR HEALTHY LIVING TIPS, LINKS, GAMES AND ARTICLES.

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FINALLY: ANNEMARIE FELICIO REPORTS ON P-MART—A RELIABLE  
PHARMACY SAFETY TOOL FOR SERVICE MEMBERS.

SINCE 2002, THE PRESCRIPTION MEDICATION ANALYSIS REPORTING  
TOOL, OR P-MART, HAS SCREENED 1.1 MILLION SERVICE MEMBERS  
DEPLOYING OVERSEAS TO ENSURE THEY WERE TAKING  
APPROPRIATE PRESCRIPTION DRUGS.

P-MART, A TRICARE PHARMACY TOOL, CONFIDENTIALLY CHECKS  
SERVICE MEMBERS' PRESCRIPTION RECORDS TO RAPIDLY AND  
ACCURATELY ASSESS THEIR MEDICATION NEEDS WHEN THEY  
DEPLOY.

WHEN IT SCREENS A SERVICE MEMBER, P-MART FLAGS  
MEDICATIONS THAT MAY BE UNSUITABLE FOR THE DEPLOYED  
ENVIRONMENT OR THAT REQUIRE A MORE INTENSIVE MEDICAL  
REVIEW. P-MART GENERATES REPORTS FOR UNIT MEDICAL

OFFICERS WHO CAN PRESCRIBE DIFFERENT MEDICATIONS, PROVIDE A WAIVER OR MAKE OTHER ARRANGEMENTS.

MORE RECENTLY, P-MART HAS ALSO BEEN USED TO SCREEN SERVICE MEMBERS AT WARRIOR TRANSITION UNITS AFTER THEIR DEPLOYMENT, PRODUCING REPORTS OUTLINING THEIR PRESCRIPTION PORTFOLIO. THEY ARE AVAILABLE TO THE TEAM OF PHARMACISTS, MEDICAL PROVIDERS, NURSES AND CASE MANAGERS CARING FOR THE SERVICE MEMBER. THE REPORTS ARE USED TO HELP IDENTIFY AT-RISK SERVICE MEMBERS WHO MAY NEED ADDITIONAL TREATMENT WHILE TRANSITIONING BACK TO CIVILIAN LIFE.

FOR MORE INFORMATION ABOUT TRICARE PHARMACY PROGRAMS, VISIT [TRICARE.MIL/PHARMACY](http://TRICARE.MIL/PHARMACY).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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

TAIL MUSIC (:03)