

TRICARE BENEFICIARY BULLETIN – MARCH 10, 2011 – 722 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 THE DEFENSE DEPARTMENT'S inTRANSITION PROGRAM.

THE DEFENSE DEPARTMENT HAS DEVELOPED SIX inTRANSITION PROGRAM PUBLIC SERVICE ANNOUNCEMENTS TO EDUCATE SERVICE MEMBERS, VETERANS, RESERVE AND NATIONAL GUARD MEMBERS, HEALTH CARE PROVIDERS AND FAMILY MEMBERS ABOUT THE PROGRAM'S COACHING RESOURCES. THE inTRANSITION ANNOUNCEMENTS PROVIDE AN OVERVIEW OF WHAT THE PROGRAM PROVIDES TO EACH AUDIENCE AND HOW TO GET MORE INFORMATION.

WHEN MILITARY MEMBERS AND THEIR FAMILIES MAKE A TRANSITION – LIKE A DEPLOYMENT OR PERMANENT CHANGE OF STATION – IT’S IMPORTANT THAT THEY HAVE THE RIGHT SUPPORT SYSTEMS IN PLACE. FOR THOSE RECEIVING TREATMENT FOR PSYCHOLOGICAL HEALTH CONCERNS, THE inTRANSITION COACHING AND SUPPORT PROGRAM OFFERS PERSONALIZED SUPPORT AS THEY MOVE BETWEEN HEALTH CARE SYSTEMS OR PROVIDERS.

THE inTRANSITION PROGRAM HELPS PEOPLE NAVIGATE CHANGES AND MAINTAIN MISSION READINESS. WHEN A SERVICE MEMBER OR VETERAN CONTACTS inTRANSITION, THEY ARE ASSIGNED A PERSONAL COACH. THESE COACHES ARE MASTER’S-LEVEL BEHAVIORAL HEALTH CLINICIANS WHO UNDERSTAND TODAY’S MILITARY CULTURE AND ISSUES. THEY PROVIDE TELEPHONE COACHING ON HOW TO CHANGE PROVIDERS AT THE TIME OF TRANSFER OR DISCHARGE; PROVIDE REFERRAL SUPPORT AND NEW PROVIDER FOLLOW-UP; AND PROVIDE CRISIS INTERVENTION WHEN NECESSARY. AND THEY UNDERSTAND AND RESPECT THE PRIVACY OF SERVICE MEMBERS AND VETERANS. COACHES ARE AVAILABLE

24/7 AND ARE ACCESSIBLE FROM ANY LOCATION.

FOR MORE INFORMATION ABOUT THE inTRANSITION PROGRAM,
PLEASE VISIT HEALTH.MIL/INTRANSITION.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

THE FOOD AND DRUG ADMINISTRATION IS LIMITING THE AMOUNT
OF ACETAMINOPHEN ALLOWED IN PRESCRIPTION PAIN
MEDICATIONS. THE RULING CAME WITH RENEWED WARNINGS THAT
EXCEEDING THE RECOMMENDED DAILY DOSE OF 4,000 MILLIGRAMS
CAN LEAD TO SERIOUS LIVER PROBLEMS.

ACETAMINOPHEN IS ONE OF THE MOST COMMON PAIN-RELIEVING
MEDICATIONS. THE NEW LIMIT OF 325 MILLIGRAMS PER CAPSULE OR
PILL IS LESS THAN HALF THE AMOUNT NOW FOUND IN SOME
PRESCRIPTION MEDICATIONS. DRUG MANUFACTURERS HAVE THREE
YEARS TO COMPLY WITH THIS NEW RULE, WHICH ONLY APPLIES TO
PRESCRIPTION MEDICATIONS, NOT OVER-THE-COUNTER DRUGS.

TRICARE BENEFICIARIES SHOULD NOT OVERREACT TO THE RULING, BUT SHOULD BE AWARE OF THE DANGER. MANY COMMON OVER-THE-COUNTER PAINKILLERS OR COUGH MEDICATIONS CONTAIN ACETAMINOPHEN. THEY WILL NOT BE AFFECTED BY THE RULING. TAKING THESE MEDICATIONS TOGETHER WITH PRESCRIPTION PAINKILLERS CONTAINING ACETAMINOPHEN COULD EXCEED THE DAILY DOSE RECOMMENDATION, POSSIBLY CAUSING LIVER DAMAGE.

THERE ARE WAYS BENEFICIARIES CAN MAKE SURE THEY DON'T TAKE TOO MUCH ACETAMINOPHEN INCLUDING KNOWING ALL MEDICATIONS THEY ARE TAKING, INCLUDING OVER-THE-COUNTER DRUGS, AND INFORMING THEIR PHARMACIST OR DOCTOR OF THESE MEDICATIONS WHEN OBTAINING A PRESCRIPTION. BENEFICIARIES SHOULD TAKE ALL MEDICATIONS AT THE PRESCRIBED DOSAGE AND TIME, AND NOT USE ALCOHOL WITH MEDICATIONS CONTAINING ACETAMINOPHEN.

FOR MORE INFORMATION ABOUT THE FDA RULING ON ACETAMINOPHEN, GO TO FDA.GOV/DRUGS.

FINALLY, ANNEMARIE FELICIO REMINDERS BENEFICIARIES TO KEEP THEIR DEERS RECORDS UP TO DATE.

BENEFICIARIES WHO HAVE RECENTLY EXPERIENCED A LIFE CHANGING EVENT, SUCH AS THE BIRTH OR ADOPTION OF A CHILD, RECENT DIVORCE OR MARRIAGE SHOULD IMMEDIATELY RECORD THESE CHANGES IN THE DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM, OR DEERS.

INCORRECT INFORMATION CAN POTENTIALLY IMPACT A BENEFICIARY'S ABILITY TO GET A PRESCRIPTION FILLED, GET A MEDICAL CLAIM PAID OR MAKE AN APPOINTMENT TO SEE A DOCTOR. BENEFICIARIES CAN EASILY AVOID THESE TYPES OF PROBLEMS BY MAKING SURE THEIR DEERS RECORD IS ACCURATE.

DEERS IS THE WORLDWIDE, COMPUTERIZED DATABASE DESIGNED TO MAINTAIN TIMELY AND ACCURATE INFORMATION ON SERVICE MEMBERS AND DEPENDENTS THAT ARE ELIGIBLE FOR MILITARY BENEFITS AND ENTITLEMENTS, INCLUDING TRICARE. IT IS ALSO

USED TO DETECT AND PREVENT FRAUD AND ABUSE. ALL SPONSORS ARE AUTOMATICALLY REGISTERED IN DEERS. THE SPONSOR MUST REGISTER ALL ELIGIBLE FAMILY MEMBERS. ONCE THE REGISTRATION PROCESS IS COMPLETE, THE FAMILY MEMBERS CAN UPDATE THEIR PERSONAL INFORMATION, SUCH AS ADDRESSES AND PHONE NUMBERS.

EVENTS THAT CHANGE A BENEFICIARY'S TRICARE STATUS INCLUDE: RELOCATION, RETIREMENT, CHANGE OF ADDRESS, CHANGE IN MARITAL STATUS, BIRTH, DEATH, ADOPTION OR MEDICARE ENTITLEMENT.

A BENEFICIARY CAN REGISTER ELIGIBLE NEW FAMILY MEMBERS IN DEERS AT THE NEAREST MILITARY PERSONNEL OFFICE OR UNIFORMED SERVICES IDENTIFICATION CARD ISSUING OFFICE. IF REGISTERING A CHILD IN DEERS, BENEFICIARIES SHOULD BRING THE FOLLOW FORMS WITH THEM:

- AN ORIGINAL OR CERTIFIED-COPY OF THE BIRTH CERTIFICATE OR CERTIFICATE OF LIVE BIRTH. IT MUST BE SIGNED BY THE ATTENDING PHYSICIAN OR OTHER RESPONSIBLE PERSON FROM

- A RECORD OF ADOPTION OR A LETTER OF PLACEMENT OF THE CHILD INTO THE HOME BY A RECOGNIZED AGENCY OR THE COURT BEFORE THE FINAL ADOPTION; AND
- A DD FORM 1172 SIGNED BY THE SPONSOR AND VERIFYING OFFICIAL FROM A UNIFORMED SERVICES ID CARD-ISSUING FACILITY.

GET MORE INFORMATION ON DEERS ELIGIBILITY AT
TRICARE.MIL/DEERS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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

TAIL MUSIC (:03)