

TRICARE BENEFICIARY BULLETIN – MARCH 24, 2011 – 628 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 HOW TRICARE IS WORKING WITH BENEFICIARIES DEPARTING JAPAN.

THE TRICARE MANAGEMENT ACTIVITY ASSURES TRICARE BENEFICIARIES AFFECTED BY THE SITUATION IN JAPAN THAT THEIR HEALTH CARE BENEFITS WILL BE MAINTAINED AND SUPPORT WILL CONTINUE DURING THIS DIFFICULT TIME. EVEN IF RELOCATED, BENEFICIARIES ENROLLED IN TRICARE OVERSEAS PROGRAM PRIME MAY STILL ACCESS THEIR PRIME BENEFIT. RETIREES AND NON-COMMAND SPONSORED BENEFICIARIES WILL CONTINUE TO HAVE THE STANDARD BENEFIT.

FOR EMERGENCY CARE, BENEFICIARIES SHOULD GO TO THE NEAREST EMERGENCY CARE FACILITY. IF YOU HAVE RELOCATED TO THE UNITED STATES, TOP PRIME ENROLLEES SHOULD CALL THE TOP CALL CENTER AT 1-877-451-8659 BEFORE LEAVING THE FACILITY OR THE NEXT BUSINESS DAY.

FOR URGENT, ROUTINE, OR SPECIALTY CARE, THOSE ENROLLED IN TOP PRIME WHO HAVE RELOCATED NEAR A MILITARY TREATMENT FACILITY MAY CONTACT THE FACILITY FOR APPOINTMENTS. TO LOCATE AN MTF, VISIT TRICARE.MIL/MTF. BENEFICIARIES RELOCATED TO THE U.S. SHOULD CONTACT THE TOP CALL CENTER AT 1-877-451-8659. BENEFICIARIES IN OTHER LOCATIONS SHOULD VISIT TRICARE-OVERSEAS.COM FOR TOLL-FREE NUMBERS WORLDWIDE.

TOP PRIME BENEFICIARIES NEEDING REPLACEMENT OR REFILL MEDICATIONS MAY CONTACT ANY LOCAL MILITARY TREATMENT FACILITY. THE TRICARE PHARMACY OPERATIONS CENTER AT 1-866-275-4732 CAN ALSO ASSIST THOSE NEEDING TO FILL PRESCRIPTIONS FROM TRICARE NETWORK PHARMACIES.

BENEFICIARIES NEEDING DENTAL CARE SHOULD CONTACT THE TRICARE DENTAL PROGRAM OR THE RETIREE DENTAL PROGRAM. CONTACT INFORMATION CAN BE FOUND AT TRICARE.MIL/CONTACTUS.

TRICARE WILL CONTINUE TO ENSURE CONTINUITY OF CARE IS MAINTAINED FOR BENEFICIARIES IMPACTED BY CONDITIONS IN JAPAN. BENEFICIARIES SHOULD CHECK TRICARE.MIL/TSUNAMI FOR ONGOING UPDATES.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT, ANNEMARIE FELICIO REPORTS ON THE IMPORTANCE OF HAVING A MAMMOGRAM.

ALMOST 1.5 MILLION PEOPLE IN THE UNITED STATES WILL BE DIAGNOSED WITH CANCER THIS YEAR. FOR AMERICAN WOMEN, BREAST CANCER IS THE SECOND LEADING CAUSE OF CANCER DEATHS.

TRICARE AND THE NATIONAL CANCER INSTITUTE URGE WOMEN 40 AND OLDER TO HAVE A MAMMOGRAM EVERY ONE TO TWO YEARS. WOMEN YOUNGER THAN 40, BUT WITH RISK FACTORS FOR BREAST CANCER, SHOULD ASK THEIR HEALTH CARE PROVIDER WHEN THEY SHOULD HAVE A MAMMOGRAM.

TO MAKE IT EASIER FOR WOMEN TO GET MAMMOGRAMS, TRICARE BENEFICIARIES IN SPECIFIC AGE AND RISK CATEGORIES HAVE NO COPAYMENT FOR MAMMOGRAMS.

THE AMERICAN CANCER SOCIETY RECOMMENDS WOMEN IN THEIR 20S AND 30S GET A CLINICAL BREAST EXAM AS PART OF THEIR REGULAR PHYSICAL EXAM AT LEAST ONCE EVERY THREE YEARS.

TRICARE'S CLINICAL PREVENTIVE SERVICES COVER ANNUAL MAMMOGRAMS FOR WOMEN AGE 40 AND OLDER. TRICARE ALSO COVERS BREAST MRIS FOR TRICARE PRIME BENEFICIARIES AGE 30 OR OLDER, AND TRICARE STANDARD BENEFICIARIES AGE 35 OR OLDER IF THEY ARE CONSIDERED AT HIGH RISK OF DEVELOPING BREAST CANCER.

FOR MORE INFORMATION ABOUT BREAST CANCER EXAMS AND SCREENING, VISIT TRICARE.MIL/COVEREDSERVICES.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

WE ALL HEAR ABOUT THE NEED TO HAVE ENOUGH FIBER IN OUR DIETS, BUT DO WE REALLY UNDERSTAND ITS IMPORTANCE? MOST PEOPLE GET LESS THAN HALF THE RECOMMENDED AMOUNT OF FIBER EACH DAY. HIGHER INTAKE OF FIBER FROM ALL FOOD SOURCES IS BENEFICIAL.

NOT ONLY CAN FIBER RELIEVE CONSTIPATION, SOME STUDIES SUGGEST THAT HIGH-FIBER DIETS MIGHT ALSO HELP WITH WEIGHT LOSS AND REDUCE THE RISK FOR CARDIOVASCULAR DISEASE, DIABETES AND CANCER.

THERE ARE TWO DIFFERENT TYPES OF FIBER – SOLUBLE AND INSOLUBLE. BOTH ARE IMPORTANT FOR HEALTH, DIGESTION AND

PREVENTING DISEASES. SOLUBLE FIBER IS FOUND IN FOODS LIKE OATMEAL, OAT BRAN, NUTS, SEEDS, MOST FRUITS AND DRY BEANS AND PEAS. INSOLUBLE FIBER IS FOUND IN WHOLE WHEAT BREAD, BARLEY, BROWN RICE, COUSCOUS, AND BULGUR OR WHOLE GRAIN CEREALS.

TO JUMPSTART YOUR INTAKE OF DIETARY FIBER BENEFICIARIES SHOULD CHOOSE WHOLE FRUITS MORE OFTEN THAN FRUIT JUICE. TRY TO EAT TWO VEGETABLES WITH EVENING MEALS. KEEP A BOWL OF VEGGIES ALREADY WASHED AND PREPARED IN THE REFRIGERATOR FOR A QUICK SNACK. MAKE A MEAL AROUND DRIED BEANS OR PEAS INSTEAD OF MEAT. CHOOSE WHOLE GRAIN FOODS MORE OFTEN. AND START THE DAY WITH A WHOLE GRAIN BREAKFAST CEREAL LOW IN ADDED SUGAR – TOP CEREAL WITH FRUIT FOR EVEN MORE FIBER.

TO LEARN MORE ABOUT HEALTHY EATING AND LIVING HABITS, VISIT TRICARE.MIL/GETFIT.

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

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