

TRICARE BENEFICIARY BULLETIN – MARCH 31, 2011 – 615 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 THE EXTENSION OF THE TRICARE ASSISTANCE PROGRAM DEMONSTRATION.

THE TRICARE ASSISTANCE PROGRAM, OR TRIAP, HAS BEEN EXTENDED THROUGH MARCH 20, 2012. THIS DEMONSTRATION PROGRAM LETS ACTIVE DUTY SERVICE MEMBERS AND THEIR FAMILIES BENEFICIARIES USE THE INTERNET AND A WEB CAM TO SPEAK FACE-TO-FACE WITH MENTAL HEALTH COUNSELORS 24 HOURS A DAY, SEVEN DAYS A WEEK, 365 DAYS A YEAR FROM ANY LOCATION IN THE UNITED STATES.

ALL TRIAP SERVICES ARE PROVIDED ON A ONE-TO-ONE BASIS, IN THE CONTEXT OF A CONFIDENTIAL RELATIONSHIP, WITH A LICENSED PROFESSIONAL. TRIAP SERVICES ARE AVAILABLE IN THE UNITED STATES TO: ACTIVE DUTY SERVICE MEMBERS, ACTIVE DUTY FAMILY MEMBERS — CHILDREN MUST BE AGE 18 OR OLDER— BENEFICIARIES USING TRICARE RESERVE SELECT AND BENEFICIARIES COVERED UNDER THE TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM. A REFERRAL OR PRIOR AUTHORIZATION TO USE TRIAP SERVICES IS **NOT** NEEDED.

IF A BENEFICIARY REQUESTS TRIAP SERVICES, HE OR SHE WILL RECEIVE AN INITIAL ASSESSMENT WITH A LICENSED PROFESSIONAL. IF VIDEO SERVICES ARE NOT POSSIBLE OR WEB-BASED COUNSELING IS NOT AN APPROPRIATE LEVEL OF CARE, THE LICENSED PROFESSIONAL WILL REFER THE BENEFICIARY TO THE CORRECT ORGANIZATION TO RECEIVE SERVICES.

BENEFICIARIES SHOULD KNOW THAT TRIAP DOES **NOT** INCLUDE MEDICATION MANAGEMENT OR FINANCIAL COUNSELING. AND IT IS NOT A CRISIS OR SUICIDE HOTLINE.

FOR MORE INFORMATION ABOUT TRIAP OR TO LINK TO THE REGIONAL HEALTH CARE CONTRACTORS' TRIAP SITES, BENEFICIARIES SHOULD GO TO TRICARE.MIL/TRIAP.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NEXT, LORRAINE CWIEKA REPORTS ON DENTAL CARE FOR BABIES UNDER THE TRICARE DENTAL PROGRAM.

DENTAL CARE FOR BABIES IS IMPORTANT FOR HEALTHY FUTURE SMILES AND TO PROMOTE GOOD ORAL CARE HABITS AS THEY GROW UP.

GENERALLY A BABY'S TEETH BEGIN TO APPEAR BETWEEN 5 AND 8 MONTHS OF AGE, BUT EVEN BEFORE THE FIRST TOOTH APPEARS, PARENTS SHOULD BE CLEANING THEIR BABY'S MOUTH. CARING FOR AN INFANT'S TEETH AND GUMS IS SIMPLE. WIPING THE GUMS WITH A WARM, SOFT CLOTH REMOVES HARMFUL BACTERIA THAT CAN DAMAGE GUMS AND NEW TEETH. CLEAN TEETH AT LEAST ONCE PER DAY, ESPECIALLY BEFORE BEDTIME.

A CHILD'S FIRST DENTAL VISIT SHOULD BE SCHEDULED SHORTLY AFTER THE BABY TEETH BECOME VISIBLE AND BEFORE ALL PRIMARY TEETH APPEAR. ONCE PRIMARY TEETH ARE VISIBLE, DISCUSS USING FLUORIDE TOOTHPASTE WITH A PEDIATRICIAN. CHILDREN SHOULD VISIT THE DENTIST EVERY SIX MONTHS. THE TRICARE DENTAL PROGRAM COVERS TWO EXAMS PER CONSECUTIVE 12-MONTH PERIOD AT 100 PERCENT.

UNDER FAMILY ENROLLMENT, ALL ELIGIBLE FAMILY MEMBERS MUST BE ENROLLED. HOWEVER, A CHILD UNDER THE AGE OF 4 MAY BE EXCLUDED FROM ENROLLMENT IF HE OR SHE IS THE ONLY MEMBER OF THE FAMILY 4 OR YOUNGER. CHILDREN UNDER THE AGE OF 4 MAY BE VOLUNTARILY ENROLLED AT ANY TIME.

BABIES WITH HEALTHY MOUTHS GROW INTO CHILDREN WITH HEALTHY SMILES. PRACTICING GOOD ORAL CARE HABITS WHILE CHILDREN ARE YOUNG PROMOTES HEALTHY HABITS INTO ADULTHOOD. FOR MORE INFORMATION ABOUT THE TRICARE DENTAL PROGRAM AND TO LOCATE A DENTIST VISIT TRICAREDEDENTALPROGRAM.COM.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

QUALIFIED TRICARE DEPENDENTS UP TO AGE 26 WILL SOON BE ABLE TO PURCHASE TRICARE COVERAGE ON A MONTH-TO-MONTH BASIS! TO QUALIFY TO PURCHASE TRICARE YOUNG ADULT COVERAGE, DEPENDENTS MUST BE UNDER 26, UNMARRIED AND NOT ELIGIBLE FOR THEIR OWN EMPLOYER-SPONSOR HEALTH COVERAGE.

TRICARE YOUNG ADULT WILL INITIALLY OFFER A PREMIUM-BASED TRICARE STANDARD BENEFIT WITH A PREMIUM-BASED TRICARE PRIME BENEFIT PHASED IN LATER THIS YEAR. THOSE ELIGIBLE FAMILY MEMBERS WHO RECEIVE HEALTH CARE SERVICES BETWEEN JANUARY 1, 2011 AND WHEN THE PROGRAM IS IMPLEMENTED CAN PURCHASE TRICARE YOUNG ADULT COVERAGE RETROACTIVELY TO JANUARY 1, 2011. BENEFICIARIES SHOULD SAVE THEIR RECEIPTS.

PREMIUM COSTS WILL BE ANNOUNCED PRIOR TO START OF

ENROLLMENT LATER THIS SPRING. ONCE PREMIUMS ARE DETERMINED, ELIGIBLE BENEFICIARIES SHOULD EXPLORE ALL OF THEIR HEALTH CARE COVERAGE OPTIONS TO CHOOSE A PLAN THAT MAKES SENSE FOR THEM.

FOR MORE INFORMATION ABOUT TRICARE YOUNG ADULT, VISIT TRICARE.MIL/TYA.

STAY UP-TO-DATE ABOUT ALL TRICARE YOUNG ADULT NEWS BY GOING TO TRICARE.MIL/SUBSCRIPTIONS AND SIGN UP FOR TRICARE YOUNG ADULT EMAIL ALERTS.

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

TAIL MUSIC (:03)