

TRICARE BENEFICIARY BULLETIN #11 – 660 WORDS – 04/16/09

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: ANNMARIE FELICIO REPORTS THAT TRICARE4U IS PROMPTING USERS TO CHANGE THEIR PASSWORDS.

BENEFICIARIES WHO HAVEN'T LOGGED ON TO THEIR TRICARE4U ACCOUNT RECENTLY SHOULDN'T WORRY IF THEY ARE PROMPTED TO CHANGE THEIR PASSWORD THE NEXT TIME THEY VISIT THE SITE. TRICARE4U.COM IS THE ONLINE RESOURCE FOR TRICARE FOR LIFE AND OVERSEAS BENEFICIARIES AND PROVIDERS. THE WEB SITE ALLOWS BOTH BENEFICIARIES AND PROVIDERS TO VIEW CLAIM STATUS AND EXPLANATION OF BENEFIT FORMS, CONTACT CUSTOMER SERVICE IN A SECURE ENVIRONMENT AND VIEW PATIENT ELIGIBILITY. THE

REQUIREMENT TO CHANGE PASSWORDS IS DUE TO A RECENT SYSTEM UPGRADE. ALL REGISTERED TRICARE4U USERS WILL RECEIVE THE AUTOMATIC PROMPT: BENEFICIARIES, PROVIDERS AND GOVERNMENT USERS.

TO START THE PASSWORD CHANGE PROCESS, ENTER WWW.TRICARE4U.COM WITH YOUR USERNAME AND YOUR LATEST PASSWORD. BENEFICIARIES SHOULD SELECT "UPDATE SECURITY INFORMATION" ON THEIR PERSONAL PROFILE PAGE. PROVIDERS SHOULD SELECT "UPDATE MY ACCOUNT" ON THEIR HOMEPAGE AND THEN "UPDATE SECURITY INFORMATION." GOVERNMENT USERS SHOULD SELECT "UPDATE SECURITY" ON THE LEFT SIDE OF THEIR HOMEPAGE.

NEW PASS WORDS MUST BE AT LEAST EIGHT CHARACTERS LONG, AND CONTAIN AT LEAST ONE UPPERCASE LETTER, ONE LOWERCASE LETTER, ONE NUMBER AND ONE SPECIAL SYMBOL.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

NEXT, THE TRICARE BENEFICIARY WEB SITE IS DESIGNED TO GIVE YOU ONLY THE INFORMATION YOU NEED WITHOUT MAKING YOU WEED THROUGH PAGES OF INFORMATION YOU DON'T NEED.

TO START, JUST GO TO WWW.TRICARE.MIL/MYBENEFIT AND ENTER YOUR PROFILE. YOU DON'T NEED A USER NAME OR PASSWORD. JUST SELECT THE INFORMATION THAT APPLIES TO YOU FROM A DROP DOWN MENU.

CHOOSE YOUR BENEFICIARY CATEGORY, THEN YOUR COUNTRY. IF YOU SELECTED THE UNITED STATES, YOU'LL NEED TO ENTER YOUR ZIP CODE. THEN, PICK YOUR HEALTH PLAN OPTION.

ONCE YOU'VE ENTERED YOUR PROFILE, YOU WILL LAND ON YOUR HOME PAGE, WITH A LIST OF THE MOST POPULAR TOPICS AND A SPECIAL MESSAGE TAILORED SPECIFICALLY TO YOU.

YOU CAN CHANGE YOUR PROFILE AT ANYTIME TO VIEW

INFORMATION TAILORED FOR OTHER FAMILY MEMBERS OR SCENARIOS.

THE TRICARE BENEFICIARY WEB SITE IS ORGANIZED INTO SEVEN SECTIONS, TO MAKE IT EASY FOR YOU TO FIND THE INFORMATION YOU NEED. THE OVERVIEW IS A HIGH-LEVEL SUMMARY OF TRICARE'S ORGANIZATION, PLANS, ELIGIBILITY REQUIREMENTS, ENROLLMENT OPTIONS AND SPECIAL PROGRAMS.

THERE ARE ALSO SEPARATE SECTIONS FOR MEDICAL, DENTAL, VISION, PRESCRIPTIONS, AND MENTAL HEALTH AND BEHAVIOR COVERAGE. FINALLY, THE LIFE EVENTS SECTION EXPLAINS WHAT YOU NEED TO DO AND HOW TRICARE MAY CHANGE WHEN YOUR LIFE CHANGES.

AND FINALLY, IF YOU NEED THE LATEST TRICARE BENEFIT NEWS AND DON'T WANT TO HUNT FOR IT, YOU CAN GET IT ELECTRONICALLY – STRAIGHT FROM TRICARE, AS LORRAINE CWIEKA REPORTS.

FROM THE LATEST BENEFICIARY NEWSLETTERS AND CHANGES IN COVERAGE, TO PHARMACY UPDATES AND NEWS RELEASES, TRICARE BENEFICIARIES HAVE AN EASY WAY TO STAY INFORMED BY E-MAIL. AN ELECTRONIC DELIVERY SYSTEM IS UP AND RUNNING AND SUBSCRIBING IS FAST AND SECURE THROUGH THE FRONT PAGE AT WWW.TRICARE.MIL.

SUBSCRIBERS CAN CHOOSE ALERTS BY TOPICS OR BENEFICIARY CATEGORY AND DELIVERY IS SAFE AND SECURE – AN E-MAIL ADDRESS IS THE ONLY INFORMATION COLLECTED. SUBSCRIBERS CAN ALSO CHOOSE TO BE NOTIFIED AS SOON AS NEWS OR BENEFIT CHANGES ARE POSTED, OR SELECT DAILY, WEEKLY OR MONTHLY UPDATES.

THE SUBSCRIPTION SERVICE ALSO LINKS USERS TO SIMILAR ALERTS AVAILABLE ON OTHER MILITARY HEALTH SYSTEM WEB SITES INCLUDING HEALTH.MIL, WHICH FEATURES MILITARY HEALTH NEWS, DEBATES, VIDEOS AND BLOGS.

PARTNERSHIP SUBSCRIPTION OPTIONS WITH OTHER HEALTH-RELATED FEDERAL WEB SITES INCLUDE THE CENTERS FOR DISEASE CONTROL AND PREVENTION AND DISABILITYINFO.GOV.

TRICARE SENDS ITS E-ALERTS THROUGH GOV-DELIVERY, WHICH ALSO PROVIDES SERVICES TO DOZENS OF OTHER DEFENSE DEPARTMENT AND FEDERAL AGENCIES INCLUDING THE FBI, THE CDC AND THE FOOD AND DRUG ADMINISTRATION.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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

TAIL MUSIC (:03)