

TRICARE BENEFICIARY BULLETIN – APRIL 21, 2011 – 635 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 TRICARE'S SUPPORT OF NATIONAL MEDICATION TAKE BACK DAY.

NATIONAL MEDICATION TAKE BACK DAY IS BEING OBSERVED ON APRIL 30 FROM 10 A.M. TO 2 P.M. AT MANY POLICE DEPARTMENTS, UNIVERSITIES, HOSPITALS AND MILITARY INSTALLATIONS ACROSS AMERICA. THIS ONE-DAY EVENT, SPONSORED BY THE DRUG ENFORCEMENT ADMINISTRATION, PROVIDES A VENUE FOR PEOPLE TO SAFELY DISPOSE OF UNWANTED, UNUSED AND EXPIRED PRESCRIPTION DRUGS.

MANY PEOPLE ARE NOT AWARE THAT MEDICINES LEFT AT HOME ARE HIGHLY SUSCEPTIBLE TO DIVERSION, MISUSE AND ABUSE. STUDIES SHOW THAT A MAJORITY OF ABUSED PRESCRIPTION DRUGS ARE OBTAINED FROM FAMILY AND FRIENDS, INCLUDING THE HOME MEDICINE CABINET.

ANOTHER ADVANTAGE OF THIS PROGRAM IS IT DISCOURAGES PEOPLE FROM FLUSHING DRUGS DOWN THEIR TOILETS. DRUGS IMPROPERLY DISPOSED OF WIND UP IN RIVERS AND LAKES WHERE THEY HARM AQUATIC LIFE AND CONTAMINATE THE WATER SUPPLY, ACCORDING TO THE ENVIRONMENTAL PROTECTION AGENCY.

PRESCRIPTION AND OVER-THE-COUNTER SOLID DOSAGE MEDICATIONS SUCH AS TABLETS AND CAPSULES ARE ACCEPTED. INTRA-VEINUS SOLUTIONS, INJECTABLES AND NEEDLES WILL NOT BE ACCEPTED. AND ILLICIT SUBSTANCES SUCH AS MARIJUANA OR METHAMPHETAMINE ARE NOT A PART OF THIS PROGRAM.

SEVERAL MILITARY FACILITIES INCLUDING THE FORT LEE PROVOST MARSHAL OFFICE, THE NAVAL MEDICAL CENTER SAN DIEGO, THE

ARMY SUBSTANCE ABUSE PROGRAM IN EL PASO, TEXAS AND THE
FORT LEONARD WOOD PROVOST MARSHAL OFFICE ARE
PARTICIPATING IN THIS YEAR'S EVENT.

TO FIND A COLLECTION SITE, GO TO DEA.GOV AND CLICK ON THE
"GOT DRUGS?" BANNER.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

A NEW FEATURE ON TRICARE ONLINE AT TRICAREONLINE.COM NOW
ALLOWS USERS ACCESS TO ADDITIONAL PERSONAL HEALTH DATA,
INCLUDING LAB RESULTS, PATIENT HISTORY AND DIAGNOSES, AND
PROVIDER VISITS.

THESE EXPANDED BLUE BUTTON FEATURES WILL FURTHER
ENCOURAGE BENEFICIARIES TO ACTIVELY ENGAGE IN THEIR
HEALTH CARE. THE AMOUNT OF DATA AVAILABLE WILL DEPEND ON
WHERE TREATMENT OCCURS – WITH THE MOST DATA AVAILABLE

TO THOSE WHO REGULARLY GET CARE AT MILITARY HOSPITALS
AND CLINICS.

TRICARE ONLINE IS THE MILITARY HEALTH SYSTEM'S INTERNET
POINT OF ENTRY THAT PROVIDES ALL 9.6 MILLION TRICARE
BENEFICIARIES ACCESS TO AVAILABLE HEALTH CARE SERVICES
AND INFORMATION THROUGH A SECURE SITE. USERS WHO RECEIVE
THEIR CARE AT A MILITARY TREATMENT FACILITY CAN SCHEDULE
APPOINTMENTS, ORDER PRESCRIPTION REFILLS AND VIEW THEIR
PERSONAL HEALTH DATA. OTHER USERS WITH ACTIVE
PRESCRIPTIONS AT A MILITARY PHARMACY CAN ALSO REQUEST A
REFILL FOR THOSE PRESCRIPTIONS.

TO LEARN MORE, GO TO TRICAREONLINE.COM OR VISIT
HEALTH.MIL/MHSCIO.

FINALLY: LORRAINE CWIEKA REPORTS ON RECOGNIZING THE
EFFECTS OF EXCESSIVE DRINKING.

HEAVY ALCOHOL USE REMAINS A CONCERN IN THE MILITARY, AFFECTING BOTH UNIFORMED SERVICE MEMBERS AND THEIR FAMILIES. SERVICE MEMBERS OFTEN USE ALCOHOL TO HANDLE STRESS, BOREDOM AND LONELINESS. OTHERS MAY ALSO TURN TO ALCOHOL TO HELP COPE WITH TRAUMATIC EXPERIENCES FROM DEPLOYMENT.

TRICARE BENEFICIARIES CAN REDUCE THEIR RISK OF BECOMING ALCOHOL DEPENDENT BY MONITORING THEIR ALCOHOL CONSUMPTION. ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, HEAVY DRINKING IS CONSIDERED MORE THAN TWO DRINKS PER DAY FOR MEN AND MORE THAN ONE DRINK PER DAY FOR WOMEN. BINGE DRINKING IS FIVE OR MORE DRINKS DURING A SINGLE OCCASION FOR MEN AND FOUR OR MORE DRINKS DURING A SINGLE OCCASION FOR WOMEN.

OVER TIME, EXCESSIVE ALCOHOL USE CAN LEAD TO THE DEVELOPMENT OF MANY CHRONIC PROBLEMS, BOTH MEDICAL AND SOCIAL. SOME MEDICAL DISORDERS ASSOCIATED WITH LONG-TERM ALCOHOL ABUSE INCLUDE LIVER, PSYCHIATRIC, PANCREATITIS AND

CARDIOVASCULAR PROBLEMS. EXCESSIVE DRINKING CAN ALSO CAUSE UNINTENTIONAL INJURIES SUCH AS TRAFFIC ACCIDENTS, DROWNING AND ALCOHOL POISONING. SOME SOCIAL PROBLEMS INCLUDE THE LOSS OF A JOB OR FAMILY PROBLEMS.

TRICARE IS HERE FOR THOSE BENEFICIARIES SEEKING HELP. BENEFICIARIES SHOULD DISCUSS ALL THEIR TREATMENT OPTIONS WITH THEIR PRIMARY CARE MANAGER. TO USE TRICARE COVERAGE, ACTIVE DUTY SERVICE MEMBERS MUST ACCESS ALL CARE THROUGH THEIR PRIMARY CARE MANAGER. THEY MUST OBTAIN A REFERRAL FROM THEIR PCM IN ORDER TO SEEK TREATMENT OUTSIDE OF THE MILITARY TREATMENT FACILITY.

ACTIVE DUTY FAMILY MEMBERS DO NOT NEED PREAUTHORIZATION FOR THE FIRST EIGHT GROUP THERAPY VISITS. ANY APPLICABLE CO-PAYS OR COST-SHARES WILL APPLY.

TRICARE BENEFICIARIES CAN ALSO FIND INFORMATION ON ALCOHOL CONSUMPTION, ALCOHOL ABUSE AND TREATMENT BY VISITING TRICARE.MIL/ALCOHOLAWARENESS.

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)