

TRICARE BENEFICIARY BULLETIN – MAY 5, 2011 – 624 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 NEW HEALTH CARE OPTION FOR COLLEGE GRADS.

TRICARE BENEFICIARIES GRADUATING FROM COLLEGE THIS YEAR MAY NOT HAVE TO RELY ON THE CONTINUED HEALTH CARE BENEFIT PLAN, OR CHCBP, AS THEIR ONLY HEALTH CARE PLAN OPTION.

TRICARE YOUNG ADULT, A NEW PROGRAM OFFERING TRICARE STANDARD COVERAGE TO QUALIFIED UNIFORMED SERVICES DEPENDENTS UNDER AGE 26, MAY BE A LESS EXPENSIVE

ALTERNATIVE. TRICARE YOUNG ADULT STANDARD HAS A MONTHLY PREMIUM OF \$186, MUCH LESS THAN CHCBP'S PREMIUM OF \$988 PER QUARTER.

CHCBP IS A SEPARATE PROGRAM THAT OFFERS TEMPORARY TRANSITIONAL HEALTH COVERAGE FOR 18 TO 36 MONTHS AFTER ALL TRICARE ELIGIBILITY ENDS. IN FACT, DEPENDENTS WHO QUALIFY FOR TRICARE YOUNG ADULT ARE NO LONGER ELIGIBLE FOR CHCBP AS OF MAY 1, 2011. DEPENDENT ELIGIBILITY FOR TRICARE PREVIOUSLY ENDED AT AGE 21, OR AGE 23 IF ENROLLED IN A FULL-TIME COURSE OF STUDY AT AN APPROVED INSTITUTION OF HIGHER LEARNING.

TO PURCHASE TRICARE YOUNG ADULT A BENEFICIARY MUST BE UNDER AGE 26, UNMARRIED AND NOT ELIGIBLE FOR THEIR OWN EMPLOYER-SPONSORED HEALTH CARE COVERAGE.

BENEFICIARIES CAN GET COMPLETE INFORMATION ABOUT TRICARE YOUNG ADULT AND APPLICATION FORMS AT TRICARE.MIL/TYA. THE APPLICATION AND THREE MONTHS PREMIUMS CAN BE DROPPED OFF

AT A TRICARE SERVICE CENTER, OR MAILED OR FAXED TO THE REGIONAL OR OVERSEAS HEALTH CARE CONTRACTOR.

AN IN-DEPTH WEBINAR EXPLAINING THE NEW PROGRAM CAN BE FOUND AT TRICARE.MIL/MEDIACENTER. FOR MORE INFORMATION ON CHCBP, GO TO TRICARE.MIL.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NEXT: LORRAINE CWIEKA REPORTS ON HOW TO HELP YOUR CHILDREN GET FIT STARTING TODAY.

MANY PARENTS FREQUENTLY HEAR FROM THEIR CHILDREN: "I'M BORED"; "THERE'S NOTHING TO DO"; OR "CAN I WATCH JUST ONE MORE SHOW?" WHILE WE ARE LESS LIKELY TO HEAR, "CAN I GO OUTSIDE AND RUN, PLAY BALL, OR SKATE?" AS KIDS GET OLDER, THEY ARE EVEN LESS LIKELY TO BE PHYSICALLY ACTIVE, ACCORDING TO THE NATIONAL INSTITUTES OF HEALTH.

NEARLY 20 PERCENT OF CHILDREN AND TEENS IN DEFENSE DEPARTMENT FAMILIES ARE CONSIDERED OBESE, AND ACROSS THE NATION THE NUMBERS ARE EVEN GREATER AS ONE CHILD IN THREE IS OVERWEIGHT. TO HELP YOUR CHILDREN BECOME MORE PHYSICALLY ACTIVE AND LEARN TO MAKE HEALTHY CHOICES CHECK OUT TRICARE.MIL/GETFIT.

THE MOST IMPORTANT THING IS TO GET STARTED WITH INCREASING PHYSICAL ACTIVITY, AS THE AMOUNT OF TIME SPENT DOING IT IS LIKELY TO DECREASE AS KIDS GET OLDER. FOR YOUNG CHILDREN, HAVE THEM KEEP A CHART ON THE COMPUTER OR REFRIGERATOR TO TRACK THEIR ACTIVITY AND EARN STARS FOR ACCOMPLISHMENT. DEVELOPING HEALTHY LIFESTYLE HABITS BEGINS AT AN EARLY AGE, SO GO OUTSIDE AND PLAY WITH YOUR KIDS AS IT IS GOOD FOR THE WHOLE FAMILY!

AND SINCE MAY IS PHYSICAL FITNESS AND SPORTS MONTH IT'S A PERFECT TIME TO KEEP THAT PROMISE TO START A REGULAR EXERCISE PROGRAM. THE BENEFITS OF PHYSICAL ACTIVITY FAR

OUTWEIGH THE RISKS OF GETTING HURT, SO WHAT ARE YOU
WAITING FOR?

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

MOST PEOPLE KNOW THAT BRUSHING AND FLOSSING DAILY ARE
NECESSARY TO REMOVE THE FOOD, BACTERIA AND ACID THAT
PROMOTE TOOTH DECAY. BUT DID YOU KNOW THAT YOUR TONGUE
AND THE INSIDES OF YOUR CHEEKS ALSO HAVE MILLIONS OF PORES
WHERE DAMAGING BACTERIA CAN HIDE?

THE TONGUE'S ROUGH SURFACE, ESPECIALLY IN THE BACK, HAS
MANY TINY CREVICES THAT CAN HARBOR ORGANISMS AND FOOD
DEBRIS AND ALSO CONTRIBUTE TO BAD BREATH. DENTISTS
RECOMMEND BRUSHING YOUR TONGUE AND WALLS OF YOUR
MOUTH WHENEVER YOU BRUSH YOUR TEETH.

IT CAN BE CHALLENGING TO COMFORTABLY REACH AND CLEAN THE BACK OF THE TONGUE, WHERE MOST OF THE BACTERIA LIVE, USING JUST A TOOTHBRUSH. INSTEAD, YOU MIGHT WANT TO USE A TONGUE SCRAPER OR COMBINATION BRUSH/SCRAPER, WHICH ARE SPECIFICALLY DESIGNED TO GLIDE ALONG THE TONGUE'S SURFACE AND SAFELY REMOVE THE BACTERIAL COATING.

ASK YOUR DENTIST FOR HIS OR HER RECOMMENDATION ON TONGUE CLEANING AND DEVICES. TO LEARN MORE ABOUT TAKING CARE OF YOUR TEETH, TONGUE AND GUMS, LOOK FOR DENTAL HEALTH TIPS IN THE "DENTAL HEALTH CENTER" ON THE TRICARE DENTAL PROGRAM'S WEB SITE AT WWW.TRICAREDEDENTALPROGRAM.COM.

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

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