

TRICARE BENEFICIARY BULLETIN – MAY 12, 2011 – 665 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 AUTOMATIC PRESCRIPTION REFILLS THROUGH THE TRICARE PHARMACY HOME DELIVERY OPTION.

BENEFICIARIES WHO USE TRICARE PHARMACY HOME DELIVERY GET PRESCRIPTION MEDICATIONS SHIPPED CONVENIENTLY TO THEIR DOOR. HOME DELIVERY ALSO GIVES BENEFICIARIES THE OPTION OF AUTOMATIC PRESCRIPTION REFILLS WHEN THEIR MEDICATION SUPPLY IS RUNNING LOW.

TRICARE BENEFICIARIES CAN INCLUDE PRESCRIPTIONS IN THE

AUTOMATIC REFILL PROGRAM WHEN THEY FIRST SIGN UP FOR HOME DELIVERY, OR THEY CAN SELECT THAT OPTION AT A LATER DATE. THEN, SEVEN DAYS BEFORE AN AUTOMATIC REFILL IS SCHEDULED FOR SHIPPING, BENEFICIARIES ARE REMINDED BY EMAIL OR PHONE THAT THEIR MEDICATION SUPPLY MAY BE RUNNING LOW. UNLESS THEY CONTACT EXPRESS SCRIPTS, THE TRICARE PHARMACY CONTRACTOR, THE PRESCRIPTION WILL BE AUTOMATICALLY REFILLED.

BENEFICIARIES WHO USE HOME DELIVERY ALSO SAVE MONEY! COPAYMENTS AT RETAIL PHARMACIES ARE THREE TIMES HIGHER FOR A 90 DAY SUPPLY OF THE SAME MEDICATION – UP TO \$176 MORE PER YEAR FOR A BRAND NAME PRESCRIPTION.

FOR MORE INFORMATION ABOUT HOME DELIVERY, VISIT TRICARE.MIL/HOMEDELIVERY. TO SIGN UP FOR HOME DELIVERY, OR TO ENROLL EXISTING HOME DELIVERY PRESCRIPTIONS IN THE AUTOMATIC PRESCRIPTION REFILL PROGRAM, BENEFICIARIES SHOULD GO TO EXPRESS-SCRIPTS.COM/TRICARE.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

THE FOOD AND DRUG ADMINISTRATION HAS ISSUED A WARNING ABOUT THE USE OF OVER-THE-COUNTER PRODUCTS CONTAINING BENZOCAINE, A LOCAL ANESTHETIC OFTEN GIVEN TO BABIES THAT ARE TEETHING. BENZOCAINE PRODUCTS, WHICH COME IN THE FORM OF GELS, SPRAYS, LIQUIDS AND LOZENGES, ARE ALSO USED TO RELIEVE PAIN IN THE MOUTH AND GUMS FROM A VARIETY OF OTHER CONDITIONS, LIKE CANKER SORES.

BENZOCAINE HAS BEEN ASSOCIATED WITH A RARE BUT SERIOUS CONDITION CALLED METHEMOGLOBINEMIA, WHICH REDUCES THE AMOUNT OF OXYGEN CARRIED IN THE BLOODSTREAM AND CAN RESULT IN DEATH IN THE MOST SEVERE CASES.

PATIENTS WHO DEVELOP THIS CONDITION MAY EXPERIENCE PALE, GRAY OR BLUE COLORED SKIN, LIPS AND NAIL BEDS; HEADACHE; LIGHTHEADEDNESS; SHORTNESS OF BREATH; FATIGUE AND RAPID

HEART RATE. IN SOME CASES, THE SYMPTOMS MAY NOT ALWAYS BE EVIDENT OR ATTRIBUTED TO THE CONDITION. THE SIGNS AND SYMPTOMS USUALLY APPEAR WITHIN MINUTES TO HOURS OF USING BENZOCAINE.

PARENTS AND CAREGIVERS SHOULD NOT USE OVER-THE-COUNTER BENZOCAINE PRODUCTS ON CHILDREN UNDER 2 YEARS OF AGE, EXCEPT UNDER THE ADVICE AND SUPERVISION OF A HEALTHCARE PROFESSIONAL. IF BENZOCAINE PRODUCTS ARE USED, IT SHOULD BE USED SPARINGLY AND ONLY WHEN NEEDED, BUT **NOT** MORE THAN FOUR TIMES A DAY.

IF TRICARE BENEFICIARIES OR THEIR CHILDREN HAVE ANY OF THESE SYMPTOMS AFTER RECEIVING BENZOCAINE, THEY SHOULD SEEK MEDICAL ATTENTION IMMEDIATELY. REPORT SIDE EFFECTS OR MEDICATION ERRORS FROM THE USE OF BENZOCAINE TO THE FOOD AND DRUG ADMINISTRATION'S MEDWATCH PROGRAM AT 1-800-332-1088.

FINALLY, LORRAINE CWIEKA REPORTS ON HOW TRICARE OBSERVES NATIONAL WOMEN'S HEALTH WEEK.

WOMEN MAKE UP ABOUT 15 PERCENT OF TODAY'S MILITARY AND ALMOST ONE-HALF OF THE MILITARY HEALTH SYSTEM'S 9.6 MILLION BENEFICIARIES. FROM TRUCK DRIVERS TO MEDICS, THEY ARE SERVING IN MANY DIFFERENT CAPACITIES ACROSS THE WORLD. IN OBSERVANCES OF NATIONAL WOMEN'S HEALTH WEEK, TRICARE REMINDS WOMEN TO MAKE THEIR HEALTH A TOP PRIORITY.

"IT'S YOUR TIME!" IS THIS YEAR'S THEME FOR NATIONAL WOMEN'S HEALTH WEEK. THIS THEME ENCOURAGES WOMEN TO TAKE STEPS TO IMPROVE THEIR PHYSICAL AND MENTAL HEALTH AND LOWER THEIR RISKS OF CERTAIN DISEASES.

WHILE WOMEN'S HEALTH, IN GENERAL, HAS IMPROVED SIGNIFICANTLY IN THE LAST CENTURY, MUCH MORE CAN BE DONE. FOR INSTANCE, THE LEADING CAUSES OF DEATH IN WOMEN ARE STILL HEART DISEASE, CANCER AND STROKE. AND FOR MANY FEMALE ACTIVE DUTY SERVICE MEMBERS, POST-TRAUMATIC

STRESS DISORDER AND OTHER BEHAVIORAL HEALTH ISSUES STILL PERSIST AS A RESULT OF INCREASED DEPLOYMENT.

TO ADDRESS THESE HEALTH CONDITIONS, TRICARE HAS NUMEROUS HEALTH PROGRAMS THAT FOCUS ON DISEASE PREVENTION AND HEALTH PROMOTION. IT IS IMPORTANT THAT WOMEN TALK TO THEIR PRIMARY CARE MANAGERS ABOUT THEIR INDIVIDUAL HISTORY, ASK QUESTIONS AND MAKE THE DECISIONS THAT ARE RIGHT FOR THEM REGARDING SCREENING AND PREVENTIVE CARE. BENEFICIARIES ALSO NEED TO KEEP IN MIND THAT COVERAGE MAY VARY SLIGHTLY DEPENDING ON WHETHER A BENEFICIARY IS USING TRICARE PRIME OR STANDARD. COST-SHARES AND DEDUCTIBLES MAY ALSO APPLY. ADDITIONALLY, THERE ARE LIMITS ON THE FREQUENCY OF CERTAIN TYPES OF PREVENTIVE HEALTH SERVICES.

FOR MORE INFORMATION ABOUT WOMEN'S HEALTH AND COVERAGE, VISIT TRICARE.MIL. YOUR REGIONAL HEALTH CARE CONTRACTOR CAN PROVIDE MORE, DETAILED INFORMATION ABOUT TRICARE COVERAGE AS WELL.

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)

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