

TRICARE BENEFICIARY BULLETIN – MAY 26, 2011 – 650 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 RETIRED RESERVISTS BEING ABLE TO OBTAIN A DS LOGON AT ANY TRICARE SERVICE CENTER.

RETIRED RESERVISTS CAN NOW OBTAIN A DOD SELF-SERVICE LOGON ACCOUNT AT ANY TRICARE SERVICE CENTER WORLDWIDE. HAVING A DS LOGON WILL ALLOW QUALIFIED RETIRED RESERVISTS TO PURCHASE HEALTH CARE COVERAGE UNDER TRICARE RETIRED RESERVE.

PREVIOUSLY ESTABLISHED MEANS OF IN-PERSON PROOFING AT VETERANS ADMINISTRATION REGIONAL OFFICES OR REMOTE PROOFING THROUGH THE DEFENSE MANPOWER DATA CENTER SUPPORT OFFICE IS STILL AVAILABLE.

THE DS LOGON PREMIUM ACCOUNT CAN BE USED TO ACCESS THE WEB-BASED APPLICATION TO QUALIFY FOR AND PURCHASE TRICARE RETIRED RESERVE. IF A RETIRED RESERVIST DOES NOT HAVE A DS LOGON ACCOUNT, HE OR SHE MAY STILL CONTACT THE DSO TO REQUEST DOCUMENTATION VIA REMOTE PROOFING. THEY WILL PROVIDE STEP-BY-STEP INSTRUCTIONS AND THE APPROPRIATE DOCUMENTATION TO GET A DS LOGON ACCOUNT.

RETIRED RESERVISTS MAY ALSO STILL GO TO DESIGNATED VA REGIONAL OFFICES TO COMPLETE IN-PERSON-PROOFING AND GET A DS LOGON ACCOUNT.

MEANS TO OBTAIN DS LOGON ACCOUNTS ARE NOT RESTRICTED TO RETIRED RESERVISTS ONLY. MEMBERS OF THE SELECTED RESERVE MOST LIKELY HAVE EITHER A COMMON ACCESS CARD OR DEFENSE

FINANCE AND ACCOUNTING SERVICE ACCOUNT THAT ALLOW THEM TO ACCESS THE WEB-BASED APPLICATION TO QUALIFY FOR AND PURCHASE TRICARE RESERVE SELECT. HOWEVER, FOR THOSE WHO DO NOT, NATIONAL GUARD AND RESERVE MEMBERS CAN ALSO OBTAIN A DS LOGON ACCOUNT AS MENTIONED ABOVE, SIMILAR TO RETIRED RESERVISTS.

FOR MORE INFORMATION ABOUT YOUR HEALTH CARE BENEFITS, VISIT [TRICARE.MIL/RESERVE](http://TRICARE.MIL/RESERVE).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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FOR BOTH MEDICAL AND PHARMACY CLAIMS, TRICARE IS THE SECONDARY PAYER TO ALL HEALTH BENEFITS AND INSURANCE PLANS EXCEPT FOR MEDICAID, TRICARE SUPPLEMENTS, THE INDIAN HEALTH SERVICE AND A FEW OTHER HEALTH PROGRAMS.

IF YOU HAVE OTHER HEALTH INSURANCE, OR OHI, LET YOUR REGIONAL CONTRACTOR AND HEALTH CARE PROVIDERS KNOW SO

THEY CAN HELP YOU COORDINATE YOUR BENEFITS AND ENSURE  
TIMELY REIMBURSEMENT.

IF YOU ARE ENROLLED IN AN HMO OR ANOTHER SIMILARLY  
MANAGED PLAN, YOUR HEALTH CARE PROVIDER WORKS DIRECTLY  
WITH THE HMO, AND YOU MIGHT ONLY RECEIVE A COPAYMENT  
RECEIPT. IN THESE CASES, YOU CAN SUBMIT A TRICARE MEDICAL  
CLAIM FORM TO TRICARE ALONG WITH A COPY OF THE RECEIPT.  
DEDUCTIBLES AND COST-SHARES APPLY, AND TRICARE MAY ONLY  
PARTIALLY REIMBURSE YOUR HMO COPAYMENT. FOR ADDITIONAL  
INFORMATION ON TRICARE COST-SHARES, VISIT  
[TRICARE.MIL/COSTS](http://TRICARE.MIL/COSTS).

TO REDUCE PHARMACY COSTS, YOUR BEST OPTION IS TO USE A  
TRICARE RETAIL NETWORK PHARMACY THAT IS ALSO COVERED BY  
YOUR OHI. AFTER THE OHI PAYS, TRICARE MAY REIMBURSE YOU  
FOR PART OR ALL OF YOUR OUT-OF-POCKET COSTS, INCLUDING  
COPAYMENTS. FOR MORE INFORMATION ABOUT PHARMACY CLAIMS  
VISIT [EXPRESS-SCRIPTS.COM/TRICARE](http://EXPRESS-SCRIPTS.COM/TRICARE) .

FINALLY, IT IS IMPORTANT TO FOLLOW ALL OF YOUR OHI'S REQUIREMENTS AND RULES. IF YOUR OHI DENIES A CLAIM FOR FAILURE TO FOLLOW ITS RULES, SUCH AS OBTAINING CARE WITHOUT AUTHORIZATION OR USING A PROVIDER WHO IS NOT AUTHORIZED BY YOUR OHI, TRICARE MAY ALSO DENY YOUR CLAIM.

FOR MORE INFORMATION, VISIT [WWW.TRICARE.MIL/OHI](http://WWW.TRICARE.MIL/OHI).

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FINALLY, ANNEMARIE FELICIO REPORTS THE VALUE OF PHYSICAL ACTIVITY FOR **ALL KIDS!**

FOR CHILDREN, HAVING AN ILLNESS OR DISABILITY MAY PRESENT A UNIQUE CHALLENGE TO STAYING PHYSICALLY ACTIVE. CHILDREN WITH DISABILITIES ARE LESS LIKELY TO ENGAGE IN REGULAR PHYSICAL ACTIVITY THAN CHILDREN WITHOUT DISABILITIES, YET, THEY HAVE SIMILAR NEEDS TO PROMOTE THEIR HEALTH AND PREVENT DISEASE.

AN INACTIVE LIFESTYLE CAN LEAD TO PROBLEMS WITH WEIGHT

CONTROL AND INCREASED RISK FOR DIABETES AND OTHER PREVENTABLE DISEASES FOR CHILDREN WITH DISABILITIES AS IT CAN FOR ANY CHILD. HOWEVER FOR CHILDREN WITH MEDICAL CHALLENGES, IT CAN ALSO LEAD TO UNIQUE PROBLEMS, INCLUDING: BONE LOSS, BLOOD CLOTS, LOW SELF-ESTEEM AND FEWER SOCIAL INTERACTIONS.

CHILDREN WHO HAVE A DISABILITY CAN GAIN NUMEROUS MENTAL AND PHYSICAL BENEFITS FROM BEING PHYSICALLY ACTIVE ON A REGULAR BASIS. THESE BENEFITS INCLUDE:

- REDUCED RISK OF DEVELOPING A CHRONIC CONDITION, SUCH AS DIABETES, STROKE OR HEART DISEASE;
- REDUCED RISK OF DEVELOPING A SECONDARY CONDITION RELATED TO THE PRIMARY DISABILITY;
- IMPROVED SELF-ESTEEM;
- GREATER SOCIAL INTERACTION; AND
- THE ABILITY TO MAINTAIN A HIGHER LEVEL OF INDEPENDENCE.

TO LEARN MORE ABOUT BEING PHYSICALLY ACTIVE WHILE LIVING  
WITH A DISABILITY, GO TO [WWW.FITNESS.GOV](http://WWW.FITNESS.GOV). AND FOR HEALTHY  
LIVING TIPS, LINKS, GAMES AND ARTICLES VISIT  
[TRICARE.MIL/GETFIT](http://TRICARE.MIL/GETFIT).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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

TAIL MUSIC (:03)