

TRICARE BENEFICIARY BULLETIN – JUNE 9, 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 LORRAINE CWIEKA. (:10)

EVERY SUMMER WARM TEMPERATURES AND RISING HUMIDITY OVER THE ATLANTIC OCEAN CREATE CONDITIONS FOR HURRICANES. AFTER A SPRING WHEN TORNADOES BATTERED THE U.S. AND A DEADLY EARTHQUAKE AND TSUNAMIS STRUCK JAPAN, DISASTER PREPAREDNESS SHOULD BE ON THE MIND OF EVERY TRICARE BENEFICIARY WHO MAY FIND THEMSELVES IN THE PATH OF A HURRICANE.

BEING PREPARED CAN MAKE A HUGE DIFFERENCE IN THE AFTERMATH OF A NATURAL DISASTER. BE SURE TO HAVE A COMPLETE EMERGENCY KIT ON HAND. THE KIT SHOULD CONTAIN

FOOD AND WATER, A BATTERY OPERATED WEATHER RADIO, FLASHLIGHTS, FIRST AID SUPPLIES AND MEDICAL NECESSITIES. MEDICAL ASSISTANCE MAY NOT BE IMMEDIATELY AVAILABLE AFTER A DISASTER. MAKE SURE EVERYTHING IN THE KIT WORKS AND THAT FOOD AND WATER HAVE NOT EXPIRED.

YOU KIT SHOULD ALSO CONTAIN HEALTH-RELATED ITEMS SUCH AS:

- COPIES OF EACH FAMILY MEMBER'S UNIFORMED SERVICES ID CARD, MEDICARE CARD OR OTHER HEALTH INSURANCE CARD;
- COPIES OF MEDICAL RECORDS;
- A LIST OF PRIMARY CARE MANAGERS, OTHER DOCTORS AND PHONE NUMBERS;
- EMERGENCY CONTACT NAMES AND PHONE NUMBERS;
- KNOWN PRESCRIPTION MEDICATIONS AND DOSES;
- STYLE, MODEL AND SERIAL NUMBERS FOR ANY MEDICAL DEVICES; AND
- ANY PERSONAL ITEMS SUCH AS EYEGLASSES AND OTHER SPECIAL EQUIPMENT.

TRICARE PROVIDES UP-TO-DATE INFORMATION BEFORE, DURING AND AFTER A DISASTER AT TRICARE.MIL/DISASTERINFO.

DOWNLOADS ON THE SITE INCLUDE A WALLET CARD WITH CRITICAL CONTACT INFORMATION AND A DISASTER PREPAREDNESS FLYER. IT ALSO HAS INFORMATION ABOUT CONTINUING BENEFITS DURING A DISASTER.

SIGN UP TO RECEIVE DISASTER E-MAIL UPDATES AT TRICARE.MIL/SUBSCRIPTIONS.

NEXT: ANNEMARIE FELICIO REPORTS ON MOVING MADE EASY WITH TRICARE!

MILITARY FAMILIES ARE ACCUSTOMED TO CHANGE. BUT ONE THING STAYS CONSTANT – THEIR TRICARE COVERAGE. TRICARE REMINDS ALL BENEFICIARIES, NO MATTER WHAT TRICARE PROGRAM THEY'RE ENROLLED IN, THEIR BENEFIT IS PORTABLE, MAKING IT EASY TO TRANSFER COVERAGE.

ACTIVE DUTY SERVICE MEMBERS AND ACTIVE DUTY FAMILY MEMBERS WHO ARE MOVING TO A NEW LOCATION CAN NOW TRANSFER THEIR TRICARE PRIME ENROLLMENT WITH A SIMPLE PHONE CALL.

MOVING ADSMS SIMPLY CALL THEIR CURRENT REGIONAL HEALTH CARE CONTRACTOR TO TRANSFER THEIR FAMILY'S ENROLLMENT, AND INCLUDE A CELL NUMBER AND EMAIL ADDRESS. THE NEW REGIONAL CONTRACTOR WILL CONTACT THEM WITHIN FIVE BUSINESS DAYS AFTER THE RELOCATION DATE TO FINALIZE THEIR TRICARE TRANSFER.

THE ENROLLMENT TRANSFER INCLUDES A NEW PRIMARY CARE MANAGER BEST SUITED TO THE LOCATION OF THE SERVICE MEMBER'S WORK, HOME AND ANTICIPATED MEDICAL NEEDS. IF MOVING WITHIN THE CURRENT REGION, THIS PROCESS CAN BE USED TO HELP THEM TRANSFER TO A NEW PRIMARY CARE MANAGER.

THIS NEW PHONE OPTION ADDS TO THE NUMBER OF CHOICES BENEFICIARIES ALREADY HAVE IN TRANSFERRING ENROLLMENT WHEN MOVING. OTHER OPTIONS INCLUDE TRANSFERRING THRU MILITARY BASE IN-PROCESSING, ONLINE THROUGH BENEFICIARY WEB ENROLLMENT AND BY DOWNLOADING AND COMPLETING AN ENROLLMENT APPLICATION TO MAIL. ACTIVE DUTY SERVICE MEMBERS AND THEIR FAMILIES CAN ALSO VISIT A LOCAL TRICARE SERVICE CENTER.

TRICARE BELIEVES THIS 'BEFORE AND AFTER' CUSTOMER SERVICE APPROACH WILL CREATE A SMOOTH ENROLLMENT TRANSFER FOR ADSMS AND THEIR FAMILIES. FOR MORE INFORMATION ON TRANSFERRING PRIME ENROLLMENT, GO TO TRICARE.MIL/MOVING.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

FINALLY: ANNEMARIE FELICIO REPORTS ON THE ARMED SERVICES BLOOD PROGRAM.

SUMMER HAS FINALLY ARRIVED, AND THE ARMED SERVICES BLOOD PROGRAM WANTS TO REMIND YOU THAT WE STILL NEED YOU! BEFORE LEAVING FOR VACATION WITH FAMILY AND FRIENDS, STOP BY THE BLOOD DONOR CENTER NEAREST YOU AND GIVE BLOOD. DURING THE HOT SUMMER MONTHS, IT IS COMMON FOR BLOOD DONATIONS TO DECREASE. AND WHILE MANY OF OUR DONORS LOOK FORWARD TO WELL DESERVED FUN AND RELAXATION, THE NEED FOR BLOOD CONTINUES.

NO MATTER WHERE SUMMER FUN TAKES YOU, MAKING AN APPOINTMENT IS EASY! THE ARMED SERVICES BLOOD PROGRAM OPERATES MORE THAN 20 BLOOD DONOR CENTERS WORLDWIDE. OUR ONLINE SCHEDULING SYSTEM ALLOWS YOU TO FIND AND BOOK AN APPOINTMENT AT A BLOOD DRIVE THAT WORKS WITH YOUR BUSY SCHEDULE.

TO LEARN MORE ABOUT THE ARMED SERVICES BLOOD PROGRAM OR TO SCHEDULE AN APPOINTMENT, PLEASE VISIT US ONLINE AT MILITARYBLOOD.DOD.MIL OR VISIT OUR FACEBOOK PAGE AT FACEBOOK.COM/MILITARYBLOOD.

JOIN US THIS SUMMER. GIVE BLOOD TODAY!

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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

TAIL MUSIC (:03)