

TRICARE BENEFICIARY BULLETIN #12 – 661 WORDS – 4/23/09

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: AN NDAA UPDATE. EVERY YEAR, CONGRESS DIRECTS DEFENSE DEPARTMENT POLICY IN THE NATIONAL DEFENSE AUTHORIZATION ACT. SOME OF THAT GUIDANCE AFFECTS MILITARY HEALTH CARE. PROGRESS IS ONGOING ON MANY OF THE SECTIONS OF THE AUTHORIZATION ACT.

THERE WERE SEVERAL WOUNDED WARRIOR PROVISIONS IN THE FISCAL YEAR 2008 AUTHORIZATION ACT. ONE SECTION AUTHORIZES MEDICAL CARE AT MILITARY TREATMENT FACILITIES OR VA FACILITIES ON A SPACE-AVAILABLE BASIS FOR CERTAIN FAMILY MEMBERS WHO ARE CARING FOR A RECOVERING SERVICE MEMBER IF THEY'RE NOT ALREADY

ELIGIBLE FOR MEDICAL CARE. THAT'S BEEN FULLY IMPLEMENTED.

ANOTHER SECTION STATES THAT ANY FORMER SERVICE MEMBER WITH A SEVERE INJURY OR ILLNESS MAY BE PROVIDED THE SAME MEDICAL AND DENTAL CARE AS AN ACTIVE DUTY SERVICE MEMBER IF CARE ISN'T REASONABLY AVAILABLE FROM THE VA. THIS WILL ENSURE THAT SEVERELY WOUNDED OR ILL SERVICE MEMBERS WHO ARE MEDICALLY RETIRED EXPERIENCE NO GAP IN HEALTH CARE. WE EXPECT TO HAVE THIS PROGRAM IN PLACE THIS FALL.

ALSO, RETIREES WITH COMBAT-RELATED DISABILITIES CAN BE REIMBURSED FOR TRAVEL EXPENSES FOR FOLLOW-ON SPECIALTY CARE, SERVICES AND SUPPLIES. WE EXPECT THAT PROGRAM TO BE IN PLACE THIS FALL AS WELL.

WE'LL GIVE YOU PERIODIC UPDATES ON OUR PROGRESS ON THESE AND OTHER PROGRAMS RESULTING FROM THE NATIONAL DEFENSE AUTHORIZATION ACT.

NEXT, LORRAINE CWIEKA REPORTS THAT A VIDEO GAME COULD
HELP TROOPS STOP SMOKING.

THE DEPARTMENT OF DEFENSE SELECTED SMOKING
PREVENTION AND CESSATION EXPERT ALEXANDER PROKHOROV
TO LEAD AN ARMY STUDY TO PREVENT AND TREAT TOBACCO
USE.

DR. PROKHOROV, A PROFESSOR IN THE BEHAVIORAL SCIENCE
DEPARTMENT AT THE UNIVERSITY OF TEXAS, WILL DEVELOP A
VIDEOGAME DESIGNED TO HELP PREVENT AND TREAT TOBACCO
USE IN THE MILITARY.

THE VIDEOGAME AND SUPPORTING PROGRAM IS PART OF A DOD
STUDY TO PROMOTE HEALTH AND STRESS MANAGEMENT
AMONG THE WOMEN AND MEN SERVING IN THE ARMED FORCES.

THE PROTOTYPE FOR THIS INTERACTIVE, EDUCATIONAL
VIDEOGAME IS MODELED AFTER "ESCAPE WITH YOUR LIFE,"

ANOTHER TOBACCO-CESSATION VIDEOGAME DEVELOPED THROUGH PROKHOROV'S RESEARCH, WHICH WAS DESIGNED FOR TROUBLED, ECONOMICALLY DISADVANTAGED YOUTH.

THE ARMY PILOT PROGRAM WILL FEATURE ANIMATION, AUDIO, VIDEO AND INTERACTIVE ACTIVITIES THAT PROVIDE FACTS ABOUT SMOKING AND TOBACCO USE, AS WELL AS A SOLDIER-DESIGNED AVATAR THAT GUIDES TROOPS THROUGH THE EDUCATIONAL TRACK.

SOME OF THE MODULES WILL EDUCATE PARTICIPANTS ON RESISTING PEER PRESSURE, COPING WITH WITHDRAWAL SYMPTOMS AND PREVENTING RELAPSES.

THIS VIDEOGAME MODEL USES COMPUTER TECHNOLOGY TO INCORPORATE SEVERAL DIFFERENT ELEMENTS DESIGNED FOR THE ARMY'S PROGRAM.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

AND FINALLY, IF YOU'RE A SOCIAL MEDIA FAN YOU CAN NOW TWEET WITH TRICARE, AS ANNEMARIE FELICIO REPORTS.

TRICARE IS NOW TWEETING ON TWITTER AT **[HTTP://TWITTER.COM/TRICARETWEETS!](http://twitter.com/tricaretweets)** YOU CAN FOLLOW TRICARE AND GET STATUS UPDATES ON THE LATEST CHANGES HAPPENING AT TRICARE.

BY TWEETING WITH TRICARE ON TWITTER, BENEFICIARIES HAVE ANOTHER WAY TO ACCESS INFORMATION ON THEIR MILITARY HEALTH BENEFITS, AND FIND OUT ABOUT CURRENT EVENTS GOING ON WITHIN THE MILITARY HEALTH CARE SYSTEM.

TRICARE IS REACHING OUT TO ITS BENEFICIARIES THROUGH SOCIAL MEDIA IN WAYS IT WAS UNABLE TO IN THE PAST. WHETHER IT'S THROUGH THE TRICARE BLOG, TRICARE VIDEOS ON THE TRICARE.MIL PRESS ROOM, OR THIS PODCAST! BENEFICIARIES HAVE MANY OPTIONS ONLINE TO OBTAIN INFORMATION ABOUT THEIR HEALTH BENEFIT. TRICARE ALSO

FEATURES VIDEOS ON SITES LIKE YOUTUBE, TROOPTUBE AND YAHOO VIDEO.

TRICARE EVEN HAS ITS OWN FACEBOOK PAGE WHERE BENEFICIARIES CAN RETRIEVE INFORMATION AND BECOME A FAN OF THEIR HEALTH BENEFIT.

TRICARE HAS ALSO MADE IT A PRIORITY TO ENGAGE BENEFICIARIES IN ONLINE COMMUNITIES TO HELP THEM MAKE THE BEST USE OF THEIR HEALTH PLAN.

WITH SOCIAL MEDIA EXPANDING RAPIDLY AND EXPLODING ALL OVER THE GLOBE TRICARE LEADERS ARE GLAD THEY'RE CHANGING THE WAY THEY COMMUNICATE TO THE PUBLIC. WE HOPE YOU'LL FOLLOW US AT **[HTTP://TWITTER.COM/TRICARETWEETS!](http://twitter.com/tricaretweets)**

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

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

TAIL MUSIC (:03)