

TRICARE BENEFICIARY BULLETIN – JUNE 16, 2011 – 708 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)

FIRST UP: ANNEMARIE FELICIO REPORTS ON RECENT CHANGES TO BENEFICIARY ID CARDS.

TRICARE BENEFICIARIES SHOULD MAKE SURE THEY HAVE THEIR SOCIAL SECURITY NUMBER COMMITTED TO MEMORY. IT WON'T BE FOUND ON NEW DEFENSE DEPARTMENT ISSUED ID CARDS.

AS OF JUNE 1, 2011, SOCIAL SECURITY NUMBERS ARE NO LONGER PRINTED ON NEW ID CARDS ISSUED TO MEMBERS OF THE UNIFORMED SERVICES, RETIREES AND FAMILY MEMBERS. THE NEW CARDS LOOK BASICALLY THE SAME, BUT HAVE A UNIQUE DOD

IDENTIFICATION NUMBER IN PLACE OF THE SOCIAL SECURITY NUMBER. FOR THOSE ELIGIBLE FOR BENEFITS, INCLUDING HEALTH CARE, A DOD BENEFITS NUMBER, OR DBN, WILL BE ON THE BACK.

FOR TRICARE BENEFICIARIES, THE DBN IS MOST IMPORTANT. MANY SYSTEMS CAN ACCEPT IT ALREADY, BUT BENEFICIARIES USING THE MILITARY HEALTH SYSTEM AND TRICARE SHOULD BE PREPARED TO STATE THEIR SOCIAL SECURITY NUMBER, OR THEIR SPONSOR'S, WHEN ACCESSING HEALTH CARE OR PHARMACY BENEFITS.

THE CHANGE TO NEW IDS FOR ALL MEMBERS AND FAMILIES IS EXPECTED TO TAKE ABOUT FOUR YEARS. EXISTING ID CARDS ARE GOOD UNTIL THEY EXPIRE; INCLUDING RETIREE CARDS MARKED "INDEF."

TRICARE BENEFICIARIES AND PROVIDERS CAN GET MORE INFORMATION, SEE ID CARD SAMPLES AND VIEW FREQUENTLY ASKED QUESTIONS AT TRICARE.MIL/SSN.

GENERAL INFORMATION ABOUT THE REMOVAL OF SOCIAL

SECURITY NUMBERS FROM ID CARDS CAN BE FOUND AT
WWW.DMDC.OSD.MIL/SMARTCARD.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

LAST WEEK FIRST LADY MICHELLE OBAMA AND AGRICULTURE
DEPARTMENT SECRETARY, TOM VILSACK SAID GOODBYE TO
MYPYRAMID AND UNVEILED THE FEDERAL GOVERNMENT'S NEW
FOOD ICON, MYPLATE, TO REMIND CONSUMERS TO MAKE
HEALTHIER FOOD CHOICES.

MYPLATE IS A NEW GENERATION ICON WITH THE INTENT TO
PROMPT CONSUMERS TO THINK ABOUT BUILDING A HEALTHY PLATE
AT MEAL TIMES. THE NEW MYPLATE ICON EMPHASIZES THE FRUIT,
VEGETABLE, GRAIN, PROTEIN AND DAIRY FOOD GROUPS.

TRICARE BELIEVES HEALTHY EATING AND REGULAR PHYSICAL
ACTIVITY ARE THE MOST IMPORTANT THINGS BENEFICIARIES CAN

DO FOR THEIR HEALTH. THE 2010 DIETARY GUIDELINES FOR AMERICANS, LAUNCHED THIS PAST JANUARY, CAN ALSO HELP BENEFICIARIES WITH HEALTHY FOOD CHOICES.

THE MYPLATE WEBSITE, [CHOOSEMYPLATE.GOV](http://choosemyplate.gov), PROVIDES PRACTICAL INFORMATION TO HELP CONSUMERS BUILD HEALTHIER DIETS WITH RESOURCES AND TOOLS FOR DIETARY ASSESSMENT, NUTRITION EDUCATION AND OTHER USER-FRIENDLY NUTRITION INFORMATION. THE ONLINE RESOURCES AND TOOLS CAN EMPOWER PEOPLE TO MAKE HEALTHIER FOOD CHOICES FOR THEMSELVES, THEIR FAMILIES AND THEIR CHILDREN.

TO LEARN MORE ABOUT HEALTHY CHOICES AND PHYSICAL ACTIVITY, GO TO TRICARE'S "GET FIT" WEBPAGE, TRICARE.MIL/GETFIT. AND TO LEARN MORE ABOUT FUN WAYS OF GETTING CHILDREN INVOLVED, GO TO LETSMOVE.GOV.

FINALLY: ANNEMARIE FELICIO REPORTS ON ENROLLING NEWBORNS IN DEERS.

TRICARE OFFERS A VARIETY OF HEALTH PLANS THAT SEEK TO PROVIDE THE BEST QUALITY OF CARE FOR PARENTS AND THEIR BABIES. HOWEVER, IF CHILDREN ARE NOT PROPERLY REGISTERED IN THE DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM, OR DEERS, THEY RISK LOSING THEIR TRICARE BENEFITS.

TO REGISTER THEIR CHILD IN DEERS, PARENTS MUST SUBMIT THE FOLLOWING DOCUMENTS TO THEIR LOCAL ID CARD OFFICE:

- AN ORIGINAL OR CERTIFIED COPY OF THE BABY'S BIRTH CERTIFICATE OR CERTIFICATE OF LIVE BIRTH, OR A CONSULAR REPORT OF BIRTH FOR CHILDREN WHO ARE OVERSEAS;
- A RECORD OF ADOPTION OR A LETTER OF PLACEMENT OF THE CHILD INTO THE HOME BY A RECOGNIZED PLACEMENT/ADOPTION AGENCY OR THE COURT BEFORE THE FINAL ADOPTION; AND
- AN APPLICATION FOR ID CARD/DEERS ENROLLMENT SIGNED BY THE SPONSOR AND A VERIFYING OFFICIAL FROM A UNIFORMED

SERVICES ID CARD-ISSUING FACILITY.

IF CHILDREN ARE NOT ENROLLED IN TRICARE PRIME WITHIN 60 DAYS AFTER THEIR BIRTH, THEY ARE AUTOMATICALLY COVERED UNDER TRICARE STANDARD AND EXTRA UNTIL A FULL YEAR AFTER THEIR BIRTH. IF PARENTS DO NOT REGISTER THEIR CHILD IN DEERS WITHIN ONE YEAR OF BIRTH, THE CHILD LOSES ELIGIBILITY AND CANNOT RECEIVE TRICARE BENEFITS UNTIL HE OR SHE HAS BEEN REGISTERED.

CHILDREN ARE COVERED UNDER TRICARE PRIME FOR 60 DAYS AFTER THEIR BIRTH IF AT LEAST ONE FAMILY MEMBER IS ENROLLED. PARENTS SHOULD SUBMIT AN ENROLLMENT APPLICATION TO THEIR REGIONAL CONTRACTOR WITHIN 60 DAYS OF THE CHILD'S BIRTH SO THE CHILD REMAINS ELIGIBLE FOR PRIME. ADOPTED CHILDREN ARE COVERED UNDER PRIME FOR 60 DAYS BEGINNING FROM THE EFFECTIVE DATE OF THE ACTUAL ADOPTION. PRE-ADOPTIVE CHILDREN ARE COVERED BY PRIME FOR 60 DAYS BEGINNING ON THE DATE OF PLACEMENT OF THE COURT OR AN APPROVED ADOPTION AGENCY.

THE ENROLLMENT PERIOD FOR THE TRICARE OVERSEAS PROGRAM AND TRICARE PRIME REMOTE IS EXTENDED TO 120 DAYS SO THAT PARENTS WHO LIVE ABROAD CAN HAVE AMPLE TIME TO SATISFY OVERSEAS ELIGIBILITY REQUIREMENTS FOR NEWBORNS.

FOR MORE INFORMATION ABOUT DEERS, VISIT TRICARE.MIL/DEERS.

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)

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