

TRICARE BENEFICIARY BULLETIN – JUNE 30, 2011 – 668 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 TRICARE'S HOME DELIVERY EDUCATION INITIATIVE.

TRICARE BENEFICIARIES WHO STILL GET TWO OR MORE MAINTENANCE PRESCRIPTIONS FROM A RETAIL PHARMACY SHOULD START CHECKING THEIR MAILBOXES. STARTING IN JULY, THE TRICARE MANAGEMENT ACTIVITY AND EXPRESS SCRIPTS ARE MAILING OUT HOME DELIVERY EDUCATION "ALERT" LETTERS TO PROMOTE PHARMACY HOME DELIVERY.

THE ALERTS FOCUS ON THE CONVENIENCE AND LOWER COST OF

HOME DELIVERY VERSUS RETAIL PHARMACIES, AND INCLUDES INFORMATION ON HOW TO SWITCH TO HOME DELIVERY. THE ALERTS ALSO SEEK TO ALLEVIATE POSSIBLE CONCERNS ABOUT HOME DELIVERY BY HIGHLIGHTING SAFETY MEASURES AND 24/7 ACCESS TO A PHARMACIST.

THE ALERTS ARE TARGETED TO TRICARE BENEFICIARIES WHO PURCHASE TWO OR MORE MAINTENANCE MEDICATIONS FOR CHRONIC CONDITIONS AT A RETAIL PHARMACY. THESE BENEFICIARIES STAND TO BENEFIT MOST FROM SWITCHING OVER TO HOME DELIVERY.

SWITCHING FROM RETAIL PHARMACY TO HOME DELIVERY SPARES BENEFICIARIES THE INCONVENIENCE OF PICKING THEIR PRESCRIPTIONS UP FROM THE PHARMACY AND SAVES THEM 66 PERCENT PER PRESCRIPTION.

FOR MORE INFORMATION ABOUT HOME DELIVERY, VISIT [TRICARE.MIL/HOMEDELIVERY](http://TRICARE.MIL/HOMEDELIVERY). TO SIGN UP FOR HOME DELIVERY BENEFICIARIES SHOULD GO TO [EXPRESS-SCRIPTS.COM/TRICARE](http://EXPRESS-SCRIPTS.COM/TRICARE).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

-----

THERE ARE TIMES WHEN A PRIMARY CARE MANAGER, OR PCM, MAY NEED TO REFER PATIENTS TO SPECIALISTS OUTSIDE THEIR SERVICE AREA.

NON-ACTIVE DUTY TRICARE PRIME AND TRICARE PRIME REMOTE ENROLLEES MAY BE ELIGIBLE TO RECEIVE REIMBURSEMENT FOR REASONABLE TRAVEL EXPENSES UNDER THE PRIME TRAVEL BENEFIT PROGRAM.

THE PRIME TRAVEL BENEFIT PROGRAM IS MEANT TO HELP ENROLLEES WITH THE TRAVEL-ASSOCIATED COSTS INCURRED FOR THEIR RECOMMENDED SPECIALTY CARE. THE BENEFIT IS LIMITED TO SPECIALTY REFERRALS WHEN NO OTHER OPTIONS FOR CARE ARE AVAILABLE WITHIN 100 MILES OF THE PCM.

BENEFICIARIES MUST HAVE A VALID REFERRAL FROM THEIR MILITARY OR CIVILIAN PCM. MILITARY TREATMENT FACILITIES ARE RESPONSIBLE FOR VALIDATION OF TRAVEL EXPENSES AND WILL ISSUE TRAVEL ORDERS FOR SPECIALTY REFERRALS MADE BY MILITARY PCMS. TRICARE REGIONAL OFFICES WILL VALIDATE THE TRAVEL ENTITLEMENT AND ISSUE TRAVEL ORDERS FOR SPECIALTY REFERRALS FROM CIVILIAN PCMS.

REASONABLE TRAVEL EXPENSES INCLUDE ACCOMMODATIONS, FOOD AND TRANSPORTATION COSTS SUCH AS TOLLS AND GASOLINE. HIGH-EXPENSE TRAVEL COSTS, SUCH AS AIR FARE AND RENTAL CAR FEES REQUIRE PREAUTHORIZATION. BENEFICIARIES ARE EXPECTED TO USE THE LEAST EXPENSIVE METHOD OF TRANSPORTATION AND ARE ADVISED TO KEEP ALL RECEIPTS DURING TRAVEL.

THE BENEFICIARY'S MILITARY TREATMENT FACILITY OR TRICARE REGIONAL OFFICE CAN ANSWER QUESTIONS RELATING TO THE PRIME TRAVEL BENEFIT PROGRAM AND WILL GIVE INSTRUCTIONS ON WHICH FORMS NEED TO BE COMPLETED FOR REIMBURSEMENT. BENEFICIARIES CAN ALSO VISIT [TRICARE.MIL](http://TRICARE.MIL) AND SEARCH "PRIME

TRAVEL BENEFIT” AFTER ENTERING THEIR PROFILE FOR  
INFORMATION CUSTOMIZED ACCORDING TO THEIR REGION.

-----

FINALLY: LORRAINE CWIEKA REPORTS ON MATERNITY  
ULTRASOUND COVERAGE UNDER TRICARE.

THE ULTRASOUND IMAGE OF A BABY IS MORE AND MORE OFTEN  
THE VERY FIRST PICTURE NEW PARENTS HAVE OF THEIR CHILD.

ALONG WITH GIVING PARENTS A PICTURE OF THE GROWING FETUS,  
THESE POPULAR ULTRASOUND IMAGES ARE ALSO AN IMPORTANT  
TOOL FOR THE OBSTETRICIAN CARING FOR MOTHER AND BABY.  
TRICARE COVERS MEDICALLY NECESSARY ULTRASOUNDS FOR  
EXPECTANT MOMS, BUT DOES NOT COVER ROUTINE ULTRASOUNDS.  
SO, WHAT DOES THIS MEAN?

A MEDICALLY NECESSARY ULTRASOUND IS ONE A DOCTOR  
PERFORMS WHEN THEY HAVE A CONCERN ABOUT THE PROGRESSION  
OF A PREGNANCY. SOME OF THE REASONS A DOCTOR MIGHT ORDER

AN ULTRASOUND INCLUDE ESTIMATING GESTATIONAL AGE, EVALUATING A FETUS' GROWTH OR WELL-BEING AND DIAGNOSING A MULTIPLE PREGNANCY. DOCTORS CAN ALSO USE AN ULTRASOUND TO CHECK THE CONDITION OF A MOTHER AND FETUS IF PRENATAL CARE WAS STARTED LATE IN THE PREGNANCY. THESE ULTRASOUNDS ARE COVERED BY TRICARE.

SOME DOCTORS MAY OFFER MOTHERS-TO-BE ROUTINE ULTRASOUNDS 16 TO 20 WEEKS INTO THEIR PREGNANCY, OR TO DETERMINE THE SEX OF THE CHILD. THESE ULTRASOUNDS ARE NOT COVERED BY TRICARE. IF ULTRASOUNDS ARE PERFORMED WITHOUT A VALID MEDICAL REASON BENEFICIARIES MAY BE RESPONSIBLE FOR PAYMENT. TRICARE STRONGLY RECOMMENDS MOTHERS-TO-BE SEEK APPROPRIATE PRENATAL CARE.

TRICARE PRIME COVERS ALL NECESSARY MATERNITY CARE, FROM THE FIRST OBSTETRIC VISIT THROUGH SIX WEEKS AFTER A BABY IS BORN. BENEFICIARIES USING TRICARE STANDARD AND EXTRA PAY THEIR NORMAL DEDUCTIBLES AND COST SHARES FOR OFFICE VISITS AND INPATIENT MATERNITY CARE.

FOR MORE INFORMATION ON MATERNITY ULTRASOUND COVERAGE,  
PRENATAL CARE AND MATERNITY SERVICES, BENEFICIARIES CAN  
GO TO THE “LIFE EVENTS” TAB OF TRICARE.MIL/MYBENEFIT AND  
SELECT “HAVING A BABY OR ADOPTING”.

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)

TAIL MUSIC (:03)