

TRICARE BENEFICIARY BULLETIN – JULY 7, 2011 – 697 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: ANNEMARIE FELICIO REPORTS ON TRICARE'S EXPECTANT AND NEW PARENTS SURVEY.

MORE THAN 2,000 HEALTHY BABIES ARE BORN TO MILITARY FAMILIES EACH WEEK. MEETING THE NEEDS OF THESE YOUNG FAMILIES REMAINS A HIGH PRIORITY FOR TRICARE AND THOSE ENROLLED IN TRICARE'S PARENT REVIEW PROGRAM GIVE HIGH MARKS TO THIS OUTREACH. ACCORDING TO THESE PATIENTS, THE PARENT REVIEW PROVIDES CONVENIENT AND USEFUL RESOURCES TO GUIDE THEM THROUGH PREGNANCY, CHILD BIRTH AND CARE OF A NEWBORN.

THE PARENT REVIEW OFFERS WEEKLY, CUSTOMIZED EMAILS TO NEW AND EXPECTANT PARENTS WHO RECEIVE CARE AT SELECT MILITARY TREATMENT FACILITIES AND CIVILIAN PRACTICES. BEGINNING IN THE SEVENTH WEEK OF PREGNANCY, THROUGH BIRTH AND UP TO THE CHILD'S THIRD BIRTHDAY, MESSAGES ARE SENT DIRECTLY TO THE MOTHER'S PERSONAL EMAIL. INCLUDED ARE TIPS, QUESTIONS AND ANSWERS, INFORMATION ON THEIR BABY'S CURRENT STAGE OF DEVELOPMENT, PARENTING NEWS AND RECENT RESEARCH. EMAILS MAY ALSO INCLUDE CUSTOMIZED INFORMATION FROM THE MILITARY TREATMENT FACILITY WHERE THEY RECEIVE OBSTETRIC OR PEDIATRIC CARE.

LAST YEAR, TRICARE MANAGEMENT ACTIVITY CONDUCTED A WEB-BASED SURVEY OF PROGRAM PARTICIPANTS TO ASSESS THE EFFECTIVENESS OF THE PARENT REVIEW.

OUT OF THE COMPLETED SURVEYS, THE GREAT MAJORITY OF RESPONDENTS' COMMENTS WERE POSITIVE, EXPRESSING APPRECIATION FOR THE EMAIL SERVICE.

IN RESPONSE TO THE OPEN-ENDED SURVEY QUESTIONS, PARENTS DESCRIBED READING THE EMAILS WITH THEIR SPOUSES AND SHARING THEM WITH OTHER FAMILY MEMBERS. ONE MOTHER MENTIONED FORWARDING THE EMAILS TO HER HUSBAND, WHO WAS DEPLOYED DURING HER PREGNANCY, AND SAID SHE APPRECIATED THE MESSAGES AS A WAY TO INFORM AND INCLUDE HIM IN HER EXPERIENCE.

ALONG WITH USING THE PARENT REVIEW, MILITARY FAMILIES CAN HELP KEEP THEIR CHILD ON THE PATH TO HEALTHY DEVELOPMENT BY ACCESSING OTHER USEFUL TRICARE RESOURCES AT TRICARE.MIL/BABY.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

BACK PAIN IS ONE OF SOCIETY'S MOST COMMON MEDICAL PROBLEMS. TRICARE REMINDS BENEFICIARIES OF SEVERAL KEY

THINGS THEY CAN DO TO PREVENT BACK PAIN: EXERCISE

REGULARLY, MAINTAIN A HEALTHY WEIGHT, ADOPT GOOD POSTURE AND AVOID HEAVY LIFTING WHEN POSSIBLE.

THERE ARE TWO TYPES OF BACK PAIN – ACUTE AND CHRONIC.

ACUTE PAIN HITS SUDDENLY, COMES ON QUICKLY AND OFTEN LEAVES JUST AS QUICKLY. ACUTE PAIN IS THE MOST COMMON TYPE OF BACK PAIN AND SHOULD LAST NO LONGER THAN SIX WEEKS.

CHRONIC PAIN MAY COME ON EITHER QUICKLY OR SLOWLY, AND IT LINGERS A LONG TIME. PAIN THAT LASTS LONGER THAN THREE MONTHS IS CONSIDERED CHRONIC.

IN MOST CASES, IT IS NOT NECESSARY TO SEE A DOCTOR FOR BACK PAIN BECAUSE PAIN USUALLY GOES AWAY WITHOUT TREATMENT.

HOWEVER, BENEFICIARIES SHOULD SEE A DOCTOR IF THEY HAVE: NUMBNESS OR TINGLING, SEVERE PAIN THAT DOES NOT IMPROVE WITH REST, PAIN AFTER A FALL OR AN INJURY, TROUBLE URINATING, WEAKNESS, NUMBNESS IN THE LEGS OR FEVER AND WEIGHT LOSS WHEN NOT ON A DIET.

IF A BENEFICIARY DOES NEED TO SEE A DOCTOR, UNLESS IT IS AN EMERGENCY, HE OR SHE SHOULD FIRST SEE THEIR PRIMARY CARE PHYSICIAN. HE OR SHE CAN REFER THE BENEFICIARY TO A SPECIALIST IF NECESSARY OR PRESCRIBE PHYSICAL THERAPY TO HELP RECOVER. PHYSICAL THERAPY IS COVERED BY TRICARE WHEN IT IS PRESCRIBED BY A PHYSICIAN AND IS PROFESSIONALLY ADMINISTERED TO AID IN THE RECOVERY FROM DISEASE OR INJURY.

FOR MORE INFORMATION ON BACK INJURIES IN GENERAL, BENEFICIARIES CAN GO TO HEALTH.NIH.GOV.

FINALLY: LORRAINE CWIEKA REPORTS ON TRICARE'S PUSH TO EXPAND E-PRESCRIBING.

ONE OF THE ENDURING STEREOTYPES ABOUT DOCTORS IS THAT THEY HAVE POOR HANDWRITING, LEADING TO UNREADABLE PRESCRIPTIONS. TRICARE IS ENCOURAGING USE OF E-PRESCRIBING TO ENSURE THIS DOES NOT OCCUR.

E-PRESCRIBING ALSO OFFERS CONVENIENCE AND LOWER COSTS TO TRICARE BENEFICIARIES BY GIVING HEALTHCARE PROVIDERS EASY ACCESS TO THE TRICARE UNIFORM FORMULARY. THE FORMULARY COMPRISES MEDICATIONS COVERED UNDER THE PHARMACY BENEFIT AND TELLS DOCTORS IF A MEDICATION CAN BE PRESCRIBED AS A BRAND NAME OR GENERIC. MEDICATIONS CONSIDERED NON-FORMULARY ARE SUBJECT TO HIGHER COST SHARES. E-PRESCRIBING USING THE FORMULARY ALLOWS DOCTORS TO PRESCRIBE GENERIC MEDICATIONS WITH THE LOWEST OUT-OF-POCKET COSTS AND AVOID MEDICATIONS NOT COVERED BY TRICARE.

WHEN COMBINED WITH TRICARE PHARMACY HOME DELIVERY, E-PRESCRIBING HELPS BENEFICIARIES SAVE MONEY AND GET THEIR PRESCRIPTION MEDICATION IN A CONVENIENT AND SAFE MANNER. HOME DELIVERY ALLOWS TRICARE BENEFICIARIES TO HAVE THEIR MEDICATIONS SHIPPED TO THEM DIRECTLY, SAVING TRIPS TO THE PHARMACY AND CUTTING DOWN FURTHER ON MEDICATION ERROR. BENEFICIARIES ALSO SAVE 66 PERCENT ON A 90-DAY SUPPLY OF

MEDICATIONS.

BENEFICIARIES SHOULD NOTE THAT E-PRESCRIPTIONS CANNOT BE
ROUTED TO MILITARY TREATMENT FACILITY PHARMACIES AT THIS
TIME.

FOR MORE INFORMATION ABOUT E-PRESCRIPTIONS, VISIT
GO.USA.GOV/WSZ.

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)