

TRICARE BENEFICIARY BULLETIN – JULY 14, 2011 – 695 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 THE NEW TRICARE PHARMACY BENEFIT APP!

TRICARE AND EXPRESS SCRIPTS HAVE RECENTLY LAUNCHED THE TRICARE EXPRESS RX MOBILE APP AND MOBILE-OPTIMIZED WEBSITE. THESE TOOLS ALLOW TRICARE BENEFICIARIES TO MANAGE THEIR PRESCRIPTIONS AND ACCESS IMPORTANT HEALTH INFORMATION SAFELY AND SECURELY FROM ANYWHERE USING THEIR SMARTPHONE.

THE EXPRESS RX APP AND MOBILE-OPTIMIZED WEBSITE WILL

ALLOW BENEFICIARIES TO REGISTER FOR TRICARE PHARMACY HOME DELIVERY AND SWITCH CURRENT PRESCRIPTIONS OVER TO HOME DELIVERY. BENEFICIARIES CAN ALSO ORDER HOME DELIVERY REFILLS AND CHECK ORDER STATUS. ANOTHER FEATURE ALLOWS BENEFICIARIES TO LOOK UP INFORMATION ON THEIR CURRENT PRESCRIPTIONS. ON GPS-ENABLED SMART PHONES, THE APP CAN DIRECT BENEFICIARIES TO THE CLOSEST RETAIL PHARMACY IN THEIR NETWORK.

TO ENSURE SECURITY AND DATA PROTECTION, BENEFICIARIES MUST REGISTER THROUGH THE MEMBER PORTAL AT EXPRESS-SCRIPTS.COM/TRICARE BEFORE LOGGING IN TO THE EXPRESS RX APP OR MOBILE-OPTIMIZED SITE. ONCE REGISTERED, THE SAME USERNAME AND PASSWORD ALLOW ACCESS TO THE EXPRESS RX APP AND MOBILE-OPTIMIZED WEBSITE.

SMARTPHONE USERS CAN DOWNLOAD THE APP FOR FREE BY GOING TO EXPRESS-SCRIPTS.COM/MOBILE OR BY USING SERVICES LIKE THE APPLE APP STORE OR ANDROID MARKETPLACE.

FOR MORE INFORMATION ABOUT TRICARE PHARMACY, VISIT
TRICARE.MIL/PHARMACY. TO LEARN ABOUT THE TRICARE
PHARMACY HOME DELIVERY, GO TO TRICARE.MIL/HOMEDELIVERY.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT: ANNEMARIE FELICIO REPORTS ON TRICARE OPTIONS FOR
MILITARY FAMILIES.

TRICARE STANDARD IS A GREAT OPTION FOR MILITARY FAMILIES
WHO WANT MORE FREEDOM WHEN IT COMES TO SELECTING THEIR
MEDICAL PROVIDERS.

TRICARE STANDARD IS A FEE-FOR-SERVICE PLAN AVAILABLE
WORLDWIDE TO ALL ELIGIBLE, NON-ACTIVE DUTY BENEFICIARIES.
AND UNLIKE TRICARE EXTRA AND TRICARE PRIME, BENEFICIARIES
WHO USE TRICARE STANDARD HAVE THE FREEDOM TO CHOOSE ANY
TRICARE-AUTHORIZED PROVIDER, INCLUDING THOSE OUTSIDE OF
THE NETWORK. IT IS AN IDEAL PLAN FOR FAMILIES WHO ARE

ALREADY RECEIVING CARE FROM A NON-NETWORK PROVIDER AND DO NOT WANT TO CHANGE PROVIDERS.

ALTHOUGH BENEFICIARIES WILL INCUR A HIGHER COST SHARE, TRICARE STANDARD IS A PREFERABLE OPTION FOR PEOPLE WHO WANT TO PICK FROM A LARGER PROVIDER POOL. NON-NETWORK PARTICIPATING PROVIDERS ACCEPT TRICARE'S ALLOWABLE CHARGE AS PAYMENT IN FULL FOR SERVICES RENDERED. BUT, NON-NETWORK, NON-PARTICIPATING PROVIDERS DO NOT ACCEPT THE TRICARE ALLOWABLE CHARGE AND CAN BILL BENEFICIARIES THE DIFFERENCE BETWEEN THE ALLOWABLE CHARGE AND THE PROVIDER'S BILLED CHARGE.

TRICARE STANDARD PARTICULARLY HELPS BENEFICIARIES WHO LIVE IN AREAS WHERE TRICARE PRIME IS NOT AVAILABLE.

BENEFICIARIES DO NOT HAVE TO ENROLL IN TRICARE STANDARD AND THEY ARE AUTOMATICALLY COVERED UNDER THE PLAN AS LONG AS THEIR INFORMATION STAYS UP-TO-DATE IN DEERS.

ALTHOUGH BENEFICIARIES DO NOT NEED REFERRALS TO RECEIVE CARE UNDER TRICARE STANDARD, SOME SERVICES MAY REQUIRE

PRIOR AUTHORIZATION. BENEFICIARIES CAN RECEIVE CARE AT A MILITARY TREATMENT FACILITY ON A SPACE-AVAILABLE BASIS ONLY.

FAMILIES LIVING ABROAD CAN QUALIFY FOR THE TRICARE OVERSEAS PROGRAM STANDARD OPTION. IT WORKS JUST LIKE THE TRICARE STANDARD PROGRAM IN THE UNITED STATES, EXCEPT BENEFICIARIES RECEIVE CARE FROM HOST NATION PROVIDERS. WHEN SEEING A HOST NATION PROVIDER, BENEFICIARIES MAY HAVE TO PAY UP FRONT FOR SERVICES PROVIDED AND FILE A CLAIM WITH TRICARE FOR REIMBURSEMENT AFTERWARDS.

TO LEARN MORE ABOUT TRICARE STANDARD, GO TO TRICARE.MIL/STANDARD.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

THE SUMMER SUN BRINGS LONGER, WARMER DAYS, ENCOURAGING PEOPLE TO SPEND MORE TIME OUTDOORS. TRICARE REMINDS ALL

BENEFICIARIES TO TAKE PRECAUTIONS WHILE OUT IN THE SUN.

THE SUN CAN BE A CONSTANT COMPANION DURING THE SUMMER OR AT THE BEACH, BUT IT'S IMPORTANT FOR BENEFICIARIES TO PROTECT THEIR SKIN YEAR-ROUND. BENEFICIARIES CAN PROTECT THEIR SKIN FROM THE SUN BY FOLLOWING THESE EASY OPTIONS RECOMMENDED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION:

- USE SUNSCREEN WITH AN SPF 15 OR HIGHER, AND BOTH UVA AND UVB PROTECTION;
- WEAR CLOTHING TO PROTECT EXPOSED SKIN;
- WEAR A HAT WITH A WIDE BRIM TO SHADE THE FACE, HEAD, EARS AND NECK;
- WEAR SUNGLASSES THAT WRAP AROUND AND BLOCK AS CLOSE TO 100 PERCENT OF BOTH UVA AND UVB RAYS AS POSSIBLE; AND
- SEEK SHADE, ESPECIALLY DURING MIDDAY HOURS.

BENEFICIARIES WHO ARE CONCERNED ABOUT THEIR SKIN CAN GET SCREENINGS WITH TRICARE PRIME, STANDARD AND EXTRA.

TRICARE COVERS SKIN CANCER SCREENINGS FOR INDIVIDUALS WITH FAMILY OR PERSONAL HISTORY OF SKIN CANCER, INCREASED OCCUPATIONAL OR RECREATIONAL EXPOSURE TO SUNLIGHT, AND CLINICAL EVIDENCE OF LESIONS. BENEFICIARIES SHOULD SPEAK WITH THEIR PRIMARY CARE MANAGER OR HEALTH CARE PROVIDER FOR MORE INFORMATION ON GETTING SKIN CANCER SCREENINGS.

BE SMART, COVER UP AND USE SUNSCREEN! FOR MORE INFORMATION ON SKIN CANCER SCREENINGS, VISIT TRICARE.MIL/MYBENEFIT.

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

TAIL MUSIC (:03)