

TRICARE BENEFICIARY BULLETIN – JULY 28, 2011 – 686 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 KNOWING WHEN TO SEEK URGENT VERSUS EMERGENCY CARE.

WHILE TRICARE FOLLOWS BENEFICIARIES WHEN THEY TRAVEL, UNDERSTANDING WHEN SOMETHING CONSTITUTES AN EMERGENCY ROOM OR URGENT CARE VISIT CAN HELP THE BENEFICIARY SAVE MONEY AND TIME.

TRICARE DEFINES AN EMERGENCY AS A MEDICAL, MATERNITY OR PSYCHIATRIC CONDITION THAT WOULD LEAD SOMEONE WITH AN AVERAGE KNOWLEDGE OF HEALTH AND MEDICINE TO BELIEVE

THAT A SERIOUS MEDICAL CONDITION EXISTS; THAT THE ABSENCE OF IMMEDIATE MEDICAL ATTENTION WOULD RESULT IN A THREAT TO LIFE, LIMB OR SIGHT; WHEN A PERSON HAS SEVERE, PAINFUL SYMPTOMS REQUIRING IMMEDIATE ATTENTION TO RELIEVE SUFFERING OR WHEN A PERSON IS AT IMMEDIATE RISK TO SELF OR OTHERS.

AUTHORIZATION IS NOT REQUIRED FOR EMERGENCY CARE BEFORE RECEIVING TREATMENT.

BENEFICIARIES WHO SEEK CARE FROM AN OVERSEAS PROVIDER SHOULD BE PREPARED TO PAY UP FRONT FOR SERVICES AND THEN FILE A CLAIM WITH THE APPROPRIATE CLAIMS PROCESSOR. ACTIVE DUTY SERVICE MEMBERS AND PRIME ENROLLED ACTIVE DUTY FAMILY MEMBERS SHOULD CONTACT THE OVERSEAS REGIONAL CALL CENTER IN THE AREA PRIOR TO SEEKING CARE WHEN POSSIBLE OR PRIOR TO MAKING PAYMENT.

TRICARE DEFINES URGENT CARE AS A MEDICAL SERVICE NEEDED WITHIN 24 HOURS WHEN AN ILLNESS OR INJURY WOULD NOT

RESULT IN FURTHER DISABILITY OR DEATH IF NOT TREATED IMMEDIATELY. IF URGENT CARE TREATMENT CANNOT WAIT UNTIL THE BENEFICIARY RETURNS HOME TO SEE THEIR PRIMARY CARE MANAGER, HE OR SHE MUST OBTAIN A REFERRAL OR CALL THEIR REGIONAL HEALTH CARE CONTRACTOR FOR ASSISTANCE BEFORE RECEIVING CARE.

CONTACT INFORMATION FOR STATESIDE AND OVERSEAS CONTRACTORS CAN BE FOUND AT [TRICARE.MIL/CONTACTUS](http://TRICARE.MIL/CONTACTUS).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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NEXT: LORRAINE CWIEKA REPORTS ON PROTECTING YOUR SMILE WITH ATHLETIC MOUTHGUARDS.

IF YOU OR YOUR CHILD PARTICIPATES IN SPORTS OR OTHER RECREATIONAL ACTIVITIES, YOU KNOW THE IMPORTANCE OF PROTECTIVE GEAR. ONE GOOD WAY TO PROTECT YOUR TEETH IS BY

WEARING AN ATHLETIC MOUTHGUARD DURING ANY ACTIVITY THAT COULD CAUSE HARM OR INJURY TO YOUR MOUTH.

THERE ARE SEVERAL TYPES OF ATHLETIC MOUTHGUARDS AVAILABLE. MANY STORES SELL PRE-FORMED AND “BOIL AND BITE” MOUTHGUARDS THAT ARE NOT COVERED BY THE TRICARE DENTAL PROGRAM. THESE ARE GENERALLY LESS EXPENSIVE OPTIONS THAN HAVING YOUR DENTIST CUSTOM-FIT A PIECE FOR YOU, HOWEVER THEY WILL MOST LIKELY NOT FIT AS WELL AND MAY BE UNCOMFORTABLE TO WEAR.

ATHLETIC MOUTHGUARDS ARE EASY TO CARE FOR AND SHOULD BE TAKEN CARE OF PROPERLY. MAKE SURE YOU CLEAN YOUR MOUTHGUARD AFTER EACH USE, EITHER BY BRUSHING WITH A TOOTHBRUSH AND TOOTHPASTE OR BY WASHING WITH COOL, SOAPY WATER AND RINSING WITH CLEAN WATER. YOU SHOULD REGULARLY WASH YOUR MOUTHGUARD WITH SOAP AND WATER AND CARRY IT IN A STURDY, WELL VENTED CONTAINER. DON'T LEAVE THE PIECE IN THE SUN BECAUSE EXTREME HEAT CAN AFFECT THE SHAPE AND FIT OF YOUR MOUTHPIECE. FINALLY, TAKE YOUR

MOUTHGUARD TO EACH DENTIST APPOINTMENT SO THAT YOUR DENTIST CAN CHECK FOR PROPER FIT AND DAMAGE OR WEAR. YOUR DENTIST CAN ANSWER ANY QUESTIONS YOU MIGHT HAVE ABOUT USE OR CARE.

VISIT [TRICAREDEDENTALPROGRAM.COM](http://TRICAREDEDENTALPROGRAM.COM) FOR MORE INFORMATION ON MOUTHGUARDS, COST-SHARES, OTHER BENEFITS, AND TO FIND A PARTICIPATING DENTIST NEAR YOU.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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COMMUNITY BARBEQUES, FAMILY CAMPING TRIPS AND STATE FAIRS –AH, SUMMER IS FINALLY HERE! HOWEVER, WITHOUT PROPER PRECAUTIONS, BEES, MOSQUITOES, FIRE ANTS AND TICKS CAN TURN A FUN OUTING INTO A MISERABLE DAY OF ITCHING AND SCRATCHING.

DEALING WITH BITING AND STINGING INSECTS DURING THE SUMMER IS NO LAUGHING MATTER AND CAN BE DOWN-RIGHT

ANNOYING, EVEN DANGEROUS. WITH THE BEST BUG REPELLENTS IN USE, A FEW LUCKY BUGS ARE BOUND TO GET THROUGH ANY BARRIER AND LEAVE ITCHY BITES AND STINGS.

WHAT CAN TRICARE BENEFICIARIES DO TO KEEP INSECTS AWAY? THE DEPARTMENT OF HEALTH AND HUMAN SERVICES LIST SEVERAL SUGGESTIONS:

- USE AN EPA-REGISTERED INSECT REPELLANT, SUCH AS DEET, AND WEAR PROTECTIVE CLOTHING WHEN OUTDOORS FROM DUSK TO DAWN – PEAK BITING TIMES FOR MANY INSECTS;
- DON'T WEAR HEAVILY SCENTED SOAPS, PERFUMES OR BRIGHT COLORS WHICH ATTRACT BUGS;
- DON'T LEAVE DRINKS AND GARBAGE CANS UNCOVERED; GET RID OF CONTAINERS WITH STANDING WATER THAT ATTRACT MOSQUITOES; AND
- AFTER OUTDOOR ACTIVITIES, BENEFICIARIES SHOULD CHECK THEMSELVES, FAMILY MEMBERS AND PETS FOR TICKS.

TRICARE BENEFICIARIES WHO TAKE PROTECTIVE PRECAUTIONS CAN ENJOY ALL THE OUTDOOR ACTIVITIES THAT COME WITH SUMMER. TO LEARN MORE ABOUT TREATING SUMMER INSECT BITES AND STINGS, GO TO THE NATIONAL INSTITUTES OF HEALTH'S WEBSITE, WWW.NLM.NIH.GOV.

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

TAIL MUSIC (:03)