

TRICARE BENEFICIARY BULLETIN #13 – 662 WORDS – 04/30/09

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: SWINE FLU IS IN THE NEWS. RECENTLY THE MEDIA HAVE REPORTED A NUMBER OF CASES OF SWINE FLU. THE FEDERAL GOVERNMENT, INCLUDING THE DEPARTMENT OF DEFENSE, IS WORKING TO LESSEN THE IMPACT OF SWINE FLU.

SWINE FLU IS INFLUENZA THAT OCCURS IN PIGS. PEOPLE DON'T NORMALLY GET IT, BUT HUMAN INFECTIONS DO OCCUR. THE MOST RECENT CASES OF SWINE FLU APPEAR TO HAVE THE ABILITY TO BE PASSED ON FROM PERSON TO PERSON AND HAVE RESULTED IN A NUMBER OF CASES IN THE UNITED STATES AND MEXICO.

WHEN PEOPLE CATCH SWINE FLU THEY MAY HAVE A FEVER, COUGH, SORE THROAT, BODY ACHES, HEADACHE, CHILLS AND FATIGUE JUST LIKE THE REGULAR FLU. SOME PEOPLE MAY ALSO HAVE VOMITING AND DIARRHEA. SWINE FLU HAS ALSO CAUSED SEVERE ILLNESS AND DEATH. LIKE THE REGULAR FLU PEOPLE WITH CHRONIC MEDICAL CONDITIONS ARE AT RISK FOR MORE SEVERE ILLNESS.

PEOPLE CATCH SWINE FLU THE SAME WAY THEY CATCH THE REGULAR FLU – THEY COME IN CONTACT WITH DROPLETS FROM INFECTED PEOPLE AFTER THEY SNEEZE OR COUGH. THEY COULD BE IN THE PATH OF A SNEEZE OR COUGH, OR TOUCH SOMETHING THAT HAS THOSE DROPLETS ON.

BOTH TAMIFLU® AND RELENZA® ARE EFFECTIVE TREATMENTS AGAINST THE SWINE FLU.

HOWEVER, THE BEST TREATMENT IS PREVENTION, SO DO WHAT YOU CAN TO REDUCE THE RISK OF CATCHING SWINE FLU.

AVOID PEOPLE WITH THE FLU, AND WASH YOUR HANDS OFTEN,  
ESPECIALLY BEFORE EATING OR TOUCHING YOUR FACE.

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NEXT, LORRAINE CWIEKA REMINDS US THAT GENERIC  
MEDICATIONS HELP BENEFICIARIES AND TRICARE SAVE MONEY.

TRICARE AND ITS PHARMACY BENEFIT CONTRACTOR - EXPRESS  
SCRIPTS, INC. - WORK TOGETHER TO PROMOTE A HIGH QUALITY,  
COST-EFFECTIVE PHARMACY BENEFIT. A KEY FACTOR IN  
MAKING THIS BENEFIT A SUCCESS IS THE MANDATORY GENERIC  
DRUG PROGRAM, WHICH HAS BEEN IN PLACE FOR MORE  
THAN 10 YEARS.

IT IS TRICARE POLICY TO USE GENERIC MEDICATIONS INSTEAD  
OF BRAND NAME MEDICATIONS, WHENEVER POSSIBLE. IF THERE  
IS NO GENERIC EQUIVALENT DRUG, THE BRAND NAME DRUG  
WILL BE DISPENSED AT THE BRAND NAME COST. CURRENTLY,  
BRAND NAME DRUGS THAT HAVE A GENERIC EQUIVALENT MAY  
ONLY BE DISPENSED IF THERE IS CLINICAL JUSTIFICATION FOR  
THE USE OF THE BRAND NAME DRUG IN PLACE OF THE GENERIC

EQUIVALENT. THIS POLICY SAVES YOU MONEY, AND HELPS US SUSTAIN YOUR PHARMACY BENEFIT.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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AND FINALLY, IF YOU'RE COPING WITH ASTHMA, DEPRESSION OR HEART FAILURE, TRICARE CAN HELP, AS ANNMARIE FELICIO REPORTS.

LIVING WITH PHYSICAL OR EMOTIONAL HEALTH CHALLENGES CAN BE FRUSTRATING, BUT IF YOU TAKE STEPS TO EFFECTIVELY MANAGE YOUR CONDITION AND ADOPT A HEALTHY LIFESTYLE, YOU CAN LOWER YOUR RISK OF DEVELOPING COMPLICATIONS. TRICARE'S MANAGED CARE CONTRACTORS EACH OFFERS A DISEASE MANAGEMENT PROGRAM THAT CAN HELP.

A DISEASE MANAGEMENT PROGRAM FOCUSES ON EDUCATING YOU ON HOW TO IMPROVE YOUR HEALTH MANAGEMENT SKILLS WHILE LIVING WITH ASTHMA, DEPRESSION, HEART FAILURE OR ANY COMBINATION OF THESE. THE PROGRAM IS FREE FOR

ELIGIBLE TRICARE BENEFICIARIES, AND DOES NOT AFFECT OTHER TRICARE BENEFITS IN ANY WAY.

ONCE ENROLLED IN THE DISEASE MANAGEMENT PROGRAM, AN EXPERIENCED HEALTH COACH WILL SCHEDULE AN APPOINTMENT TO REVIEW YOUR HEALTH STATUS BY PHONE.

THE COACH WILL DEVELOP A CUSTOMIZED EDUCATIONAL PLAN AND WORK WITH YOU TO REACH ESTABLISHED GOALS BASED ON YOUR HEALTH STATUS. THEY WILL ALSO INFORM YOUR PHYSICIAN YOUR PARTICIPATION IN THE PROGRAM AND WILL HELP YOU WORK TOWARD ACHIEVING YOUR WELLNESS GOALS AS LONG AS YOU WANT TO PARTICIPATE IN THE PROGRAM. YOU WILL ALSO GET A FREE, BIMONTHLY NEWSLETTER FULL OF WELLNESS AND PREVENTION TIPS AND RESOURCES TO HELP YOU MAINTAIN A HEALTHY LIFESTYLE.

YOU CAN GET MORE DETAILS FROM THE MANAGED CARE CONTRACTOR IN YOUR REGION.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

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

TAIL MUSIC (:03)