

TRICARE BENEFICIARY BULLETIN – SEPTEMBER 1, 2011 – 675 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 BACK-TO-SCHOOL PHYSICALS.

IT IS THAT TIME OF YEAR AGAIN! THE TEMPERATURE IS DROPPING, THE LEAVES ARE STARTING TO CHANGE AND CHILDREN ARE PREPARING FOR THEIR FIRST DAY BACK AT SCHOOL.

TRICARE WANTS TO REMIND BENEFICIARIES THAT TO ENROLL THEIR YOUNGER CHILDREN IN SCHOOL, THEY MAY NEED TO GET A PHYSICAL FIRST. WHEN REQUIRED IN CONNECTION WITH A SCHOOL ENROLLMENT, TRICARE COVERS PHYSICALS FOR CHILDREN AGES 5-

11. TRICARE DOES NOT COVER ANNUAL SPORTS PHYSICALS.

THOSE USING TRICARE PRIME SHOULD VISIT THEIR PRIMARY CARE PHYSICIAN TO COMPLETE THEIR SCHOOL PHYSICAL. TRICARE STANDARD BENEFICIARIES MAY ALSO VISIT THEIR PRIMARY CARE PHYSICIAN TO COMPLETE A SCHOOL PHYSICAL BUT MUST MEET ALL COST-SHARES AND DEDUCTIBLES APPLIED UNDER THEIR COVERAGE PLAN.

PARENTS ARE ENCOURAGED TO CONTACT THE STUDENT REGISTRATION OFFICE AT THEIR CHILD'S SCHOOL TO KNOW WHAT THE PHYSICAL EXAMINATION REQUIREMENTS ARE BEFORE THEY GO TO THEIR CHILD'S DOCTOR APPOINTMENT.

FOR HELP WITH FINDING A NEW DOCTOR OR TO GET SPECIFIC INFORMATION ON COVERAGE FOR PHYSICALS, BENEFICIARIES SHOULD CONTACT THEIR REGIONAL HEALTH CARE CONTRACTOR. GET PHONE NUMBERS TO ALL OF TRICARE'S REGIONAL HEALTH CARE CONTRACTORS AT TRICARE.MIL/CONTACTUS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT: ANNEMARIE FELICIO REPORTS ON BACK-TO-SCHOOL
RESOURCES FOR CHILDREN OF DEPLOYED SERVICE MEMBERS.

THE BEGINNING OF A NEW SCHOOL YEAR CAN BE AN EXCITING AND
STRESSFUL TIME FOR CHILDREN. THE ANTICIPATION OF GOING BACK
TO SCHOOL, MEETING NEW TEACHERS AND CLASSMATES, HAVING
NEW ROUTINES AND SCHOOLWORK, CAN RESULT IN A VARIETY OF
EMOTIONS. WHILE SOME MILITARY CHILDREN STRIVE IN SPITE OF
THE CONSTANT DISRUPTIONS, OTHERS DO FACE CHALLENGES.

TRICARE UNDERSTANDS MILITARY CHILDREN WHO RECEIVE
EMOTIONAL SUPPORT ARE MORE LIKELY TO MAINTAIN THEIR
ACADEMIC PERFORMANCE EVEN DURING DIFFICULT TIMES. THIS
SUPPORT CAN COME FROM FAMILY MEMBERS, FRIENDS, NEIGHBORS,
TEACHERS AND CLERGY. PROVIDING ADDITIONAL MILITARY
RESOURCES TO SUPPORT THESE CHILDREN WITH THEIR
SCHOOLWORK MAY ALSO HELP THEM ACADEMICALLY. TRICARE

LISTS SEVERAL DEPLOYMENT RESOURCES ON ITS WEBSITE, TRICARE.MIL/DEPLOYMENTRESOURCES, INCLUDING DEPLOYMENT KIDS, SESAME WORKSHOP AND THE MILITARY CHILD EDUCATION COALITION.

ANXIETY AND STRESS ABOUT STARTING SCHOOL IS NORMAL FOR A CHILD AND USUALLY PASSES WITHIN A FEW DAYS OR WEEKS. IF A BENEFICIARY'S CHILD CONTINUES TO SEEM ANXIOUS, STRESSED OR EVEN DEPRESSED, IT MAY BE TIME TO SEEK PROFESSIONAL HELP. TRICARE OFFERS A NUMBER OF BEHAVIORAL HEALTH SERVICES TO BENEFICIARIES AND THEIR CHILDREN INCLUDING OUTPATIENT PSYCHOTHERAPY, ACUTE INPATIENT CARE ON AN EMERGENCY OR NON-EMERGENCY BASIS, RESIDENTIAL TREATMENT CARE OR EXTENDED CARE; AND PARTIAL HOSPITALIZATION AND INTENSIVE OUTPATIENT CARE. TRICARE'S MENTAL HEALTH RESOURCE CENTER, TRICARE.MIL/MENTALHEALTH, IS A GREAT RESOURCE AS WELL.

TRICARE WISHES ALL MILITARY CHILDREN A PROSPEROUS SCHOOL YEAR AND REMINDS PARENTS THEIR BENEFIT IS HERE FOR THEM!

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

ALL MILITARY KIDS SHOULD HAVE A HEALTHY, INJURY-FREE SCHOOL YEAR. TRICARE WOULD LIKE TO HIGHLIGHT SOME TIPS THAT MAY HELP PARENTS AS THEY PREPARE THEIR KIDS FOR THE NEW SCHOOL YEAR.

HEAVY BACKPACKS PLACE SIGNIFICANT STRAIN ON CHILDREN'S SPINES. THIS CAN LEAD TO SEVERE BACK, NECK AND SHOULDER PAIN, AS WELL AS POSTURE PROBLEMS. WHEN CHOOSING A BACKPACK, PARENTS SHOULD LOOK FOR ONE WITH WIDE, PADDED, TWO SHOULDER STRAPS; A PADDED BACK; A WAIST STRAP. PANTS CAN ALSO PURCHASE A LIGHTWEIGHT, ROLLING BACKPACK.

IT IS RECOMMENDED THAT A CHILD'S BACKPACK WEIGH NO MORE THAN 10 TO 15 PERCENT OF HIS OR HER BODY WEIGHT. KIDS SHOULD ALWAYS USE BOTH STRAPS AND MAKE SURE THE STRAPS ARE TIGHT SO THAT THE PACK FITS CLOSELY TO THE BODY.

WHETHER A CHILD WALKS OR TAKES THE BUS, THERE ARE THINGS PARENTS CAN DO TO MAKE SURE THEY GET THEIR SAFELY.

FOR WALKERS:

- MAKE SURE THE CHILD HAS A SAFE ROUTE WITH ADULT CROSSING GUARDS AT INTERSECTIONS;
- BE REALISTIC ABOUT WHETHER A CHILD IS READY TO WALK TO SCHOOL ALONE;
- AND IN NEIGHBORHOODS WITH HIGHER LEVELS OF TRAFFIC, CONSIDER A “WALKING SCHOOL BUS” WHERE AN ADULT ACCOMPANIES A GROUP OF CHILDREN ON THE WALK TO SCHOOL.

AND FOR BUS RIDERS:

- IF THE BUS HAS SEAT BELTS, MAKE SURE CHILDREN USE THEM AT ALL TIMES;
- KIDS SHOULD WAIT FOR THE BUS TO STOP BEFORE APPROACHING IT;

- AND CHECK TO SEE THAT THERE IS NO TRAFFIC COMING BEFORE CROSSING THE STREET.

TRICARE HOPES PARENTS FIND THESE TIPS HELPFUL IN MAKING THE TRANSITION BACK TO SCHOOL!

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

TAIL MUSIC (:03)