

TRICARE BENEFICIARY BULLETIN – SEPTEMBER 15, 2011 – 635 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 TRICARE'S REDUCTION OF PHARMACY HOME DELIVERY CO-PAYS.

COPAYMENTS FOR SOME MEDICATIONS PROVIDED THROUGH TRICARE PHARMACY HOME DELIVERY ARE BEING REDUCED TO ZERO. AS OF OCTOBER 1, 2011, HOME DELIVERY BENEFICIARIES MAY FILL GENERIC PRESCRIPTIONS AT NO COST TO THEMSELVES.

GENERIC FORMULARY DRUGS PURCHASED THROUGH HOME DELIVERY CURRENTLY COST \$3 FOR A 90-DAY SUPPLY, BUT AS OF OCTOBER 1 THE COPAYMENT DROPS TO ZERO.

THE FOLLOWING CHANGES TO THE TRICARE PHARMACY

COPAYMENTS ARE SCHEDULED TO GO INTO EFFECT ON OCTOBER 1:

- GENERIC FORMULARY DRUGS PURCHASED AT RETAIL PHARMACIES WILL GO FROM \$3 TO \$5.
- BRAND NAME FORMULARY DRUGS FROM RETAIL PHARMACIES WILL GO FROM \$9 TO \$12.
- NON-FORMULARY MEDICATIONS WILL GO FROM \$22 TO \$25 IN BOTH RETAIL AND HOME DELIVERY.

BRAND NAME FORMULARY DRUGS PURCHASED THROUGH HOME DELIVERY WILL HAVE THE SAME \$9 COPAYMENT. COPAYMENTS FOR PRESCRIPTIONS FILLED THROUGH HOME DELIVERY COVER A 90-DAY SUPPLY, BUT ONLY A 30-DAY SUPPLY WHEN PURCHASED AT A RETAIL PHARMACY.

MILITARY, THEIR FAMILIES AND RETIREES ARE INCREASINGLY USING HOME DELIVERY TO GET THEIR MAINTENANCE MEDICATIONS CONVENIENTLY DELIVERED THROUGH U.S. MAIL – SAVING TRICARE ABOUT \$30 MILLION IN 2010. USE OF HOME DELIVERY HAS GROWN IN

2011 BY NEARLY 10 PERCENT OVER 2010. MORE THAN 1 MILLION PRESCRIPTIONS PER MONTH ARE FILLED THROUGH THE SERVICE.

FOR MORE INFORMATION ABOUT TRICARE PHARMACY, THE NEW COPAYMENT RATES AND HOME DELIVERY, VISIT TRICARE.MIL/PHARMACY.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT: ANNEMARIE FELICIO REPORTS ON EYE EXAM COVERAGE UNDER TRICARE.

TRICARE BELIEVES A KEY PART OF YOUR CHILD'S SUCCESS IN THE CLASSROOM STARTS WITH HEALTHY EYESIGHT!

RECOGNIZING THAT THE MOST COMMON TYPES OF EYE PROBLEMS SEEN IN SCHOOL-AGE CHILDREN ARE: NEARSIGHTEDNESS, CROSSED EYES, AND LAZY EYE; PREVENT BLINDNESS AMERICA BELIEVES A CHILD'S EYES SHOULD BE CHECKED SHORTLY AFTER BIRTH, BEFORE

STARTING SCHOOL, AGE 3 OR 4, AND THROUGHOUT THE SCHOOL YEARS.

SOME SIGNS THAT A CHILD MAY HAVE VISION PROBLEMS INCLUDE:

- EYES THAT CROSS OR POINT OUTWARD;
- FREQUENT BLINKING, SQUINTING OR RUBBING EYES;
- HOLDING BOOKS AND OBJECTS UNUSUALLY CLOSE; OR
- FREQUENT COMPLAINTS OF EYE DISCOMFORT, HEADACHES OR DIZZINESS.

CHILDREN MAY NOT EXHIBIT SIGNS OR REALIZE THEY HAVE A VISION PROBLEM BECAUSE THEY THINK HOW THEY SEE IS HOW EVERYONE ELSE SEES. CHILDREN SOMETIMES LEARN TO COMPENSATE FOR THEIR VISION PROBLEMS IF THEY AREN'T FIXED WHICH CAN LEAD TO MORE PROBLEMS IN SCHOOL AND LATER IN LIFE.

TRICARE EYE EXAM COVERAGE DEPENDS ON WHO THE SPONSOR IS AND WHICH PLAN – TRICARE PRIME, TRICARE STANDARD OR TRICARE EXTRA – THE SPONSOR IS USING.

GENERALLY, TRICARE COVERS:

- ANNUAL ROUTINE EYE EXAMS FOR ACTIVE DUTY SERVICE MEMBERS AND ACTIVE DUTY FAMILY MEMBERS.
- COMPREHENSIVE EYE EXAMS EVERY TWO YEARS FOR BENEFICIARIES ENROLLED IN TRICARE PRIME.
- COMPREHENSIVE EYE EXAM EVERY YEAR FOR DIABETIC PATIENTS ENROLLED IN TRICARE PRIME.
- AND VISION EXAMS UNDER THE WELL-CHILD CARE BENEFIT.

FOR A DETAILED SUMMARY OF TRICARE'S VISION BENEFITS, BENEFICIARIES SHOULD CONTACT THEIR REGIONAL HEALTH CARE CONTRACTOR AT TRICARE.MIL/CONTACTUS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

DIABETES IS ONE OF THE MOST COMMON CHRONIC DISEASES IN SCHOOL-AGED CHILDREN, AFFECTING ABOUT 200,000 YOUNG PEOPLE IN THE UNITED STATES.

DIABETES IS A SERIOUS CHRONIC DISEASE IN WHICH BLOOD SUGAR LEVELS ARE TOO HIGH DUE TO DEFECTS IN INSULIN PRODUCTION, INSULIN ACTION OR BOTH. BECAUSE OF THIS, DIABETES MUST BE MANAGED 24 HOURS A DAY, 7 DAYS A WEEK.

TRICARE COVERS OUTPATIENT DIABETES SELF-MANAGEMENT AND TRAINING PROGRAMS FOR CHILDREN AND ADULTS WHEN THE SERVICES ARE PROVIDED BY A TRICARE-AUTHORIZED PROVIDER WHO IS ALSO CERTIFIED BY MEDICARE OR THE NATIONAL STANDARDS FOR DIABETES SELF-MANAGEMENT EDUCATION PROGRAMS TO PROVIDE DIABETES OUTPATIENT SELF-MANAGEMENT TRAINING SERVICES.

IF A BENEFICIARY'S CHILD HAS DIABETES AND REQUIRES MEDICATION, THEY SHOULD BE MINDFUL THAT ADJUSTMENTS MAY BE NECESSARY TO MAINTAIN GOOD CONTROL IF THEY STRAY FROM HIS OR HER USUAL DIET. BENEFICIARIES SHOULD DISCUSS THEIR CHILD'S NEEDS WITH THEIR PHYSICIAN AND SCHOOL NURSE.

FOR MORE COVERAGE INFORMATION ON MANAGING AND LIVING

WITH DIABETES, BENEFICIARIES CAN GO TO TRICARE'S WEBSITE,
TRICARE.MIL OR CONTACT THEIR REGIONAL HEALTH CARE
CONTRACTOR.

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

TAIL MUSIC (:03)