

TRICARE BENEFICIARY BULLETIN – SEPTEMBER 23, 2011 – 672 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 THAT TRICARE PATIENTS ARE CURBING RISING PHARMACY COSTS BY SWITCHING TO HOME DELIVERY.

TRICARE PATIENTS ARE MAKING THE SWITCH TO HOME DELIVERY! IN RECORD NUMBERS, PATIENTS WITH REGULAR PRESCRIPTION MEDICATIONS ARE GETTING THEIR 90-DAY SUPPLIES THROUGH THE MAIL-ORDER OPTION – TRICARE PHARMACY HOME DELIVERY. THAT'S MADE A DENT IN USE OF MORE EXPENSIVE RETAIL PHARMACY OPTIONS.

RETAIL PHARMACY GROWTH SLOWED FROM AN ANNUAL RATE OF ABOUT 7 PERCENT IN 2010 TO LESS THAN 2 PERCENT THROUGH JULY 2011.

BENEFICIARIES WHO USE TRICARE PHARMACY HOME DELIVERY GET PRESCRIPTION MEDICATIONS SHIPPED CONVENIENTLY AND SAFELY TO THEIR DOOR THROUGH U.S. MAIL. HOME DELIVERY ALSO OFFERS THE POPULAR OPTION OF AUTOMATIC PRESCRIPTION REFILLS. AND EFFECTIVE OCTOBER 1, 2011, GENERIC MEDICATIONS PURCHASED THROUGH HOME DELIVERY WILL HAVE ZERO COPAYS.

FOR MORE INFORMATION ABOUT TRICARE PHARMACY OPTIONS, NEW COPAYMENT RATES AND HOME DELIVERY VISIT TRICARE.MIL/PHARMACY. PATIENTS CAN ALSO SEE IF MAKING THE SWITCH TO TRICARE PHARMACY HOME DELIVERY WORKS FOR THEM AND MOVE THEIR PRESCRIPTIONS TO HOME DELIVERY THROUGH THE WEBSITE AT EXPRESS-SCRIPTS.COM/TRICARE. THERE'S EVEN AN "APP FOR THAT" FOR REGISTERED USERS AT EXPRESS-SCRIPTS.COM/MOBILE WHERE REGISTERED USERS CAN ORDER REFILLS, CHECK ORDERS AND FIND A NETWORK PHARMACY.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

SEPTEMBER IS NATIONAL CHOLESTEROL MONTH! DID YOU KNOW THAT HIGH BLOOD CHOLESTEROL IS ONE OF THE MAJOR RISK FACTORS FOR HEART DISEASE? NOW IS A GREAT TIME TO LEARN MORE ABOUT CHOLESTEROL, GET A CHOLESTEROL CHECK AND MAKE A PLAN TO LOWER IT IF YOURS IS HIGH.

THERE ARE "GOOD" AND "BAD" TYPES OF CHOLESTEROL. HIGH-DENSITY LIPOPROTEIN, OR HDL, HELPS KEEP CHOLESTEROL FROM BUILDING UP AND IS CONSIDERED "GOOD" CHOLESTEROL. LOW-DENSITY LIPOPROTEIN, OR LDL, IS THE MAIN SOURCE OF CHOLESTEROL BUILDUP AND IS CONSIDERED "BAD" CHOLESTEROL.

HIGH CHOLESTEROL DOESN'T HAVE ANY SYMPTOMS AND MANY PEOPLE DON'T KNOW THAT THEIR CHOLESTEROL LEVEL IS TOO HIGH. TRICARE COVERS CHOLESTEROL SCREENING TESTS ONCE EVERY FIVE YEARS BEGINNING AT AGE 18. BENEFICIARIES SHOULD

GET TESTED AND, IF THEIR CHOLESTEROL LEVEL IS HIGH, MAKE HEALTHY LIFESTYLE CHANGES.

THERE ARE NUMEROUS THINGS THAT CAN AFFECT CHOLESTEROL LEVELS. SOME THINGS ARE CONTROLLABLE AND SOME AREN'T. THE NATIONAL INSTITUTES OF HEALTH PROVIDES SOME HELPFUL WAYS TO CONTROL CHOLESTEROL LEVELS INCLUDING: REDUCING THE AMOUNT OF SATURATED FAT AND CHOLESTEROL IN YOUR DIET, LOSING WEIGHT, AND EXERCISING. ALL OF THESE CAN HELP LOWER LDL CHOLESTEROL AND RAISE HDL LEVELS.

VISIT TRICARE.MIL/GET FOR HEALTHY LIVING TIPS, LINKS, GAMES AND ARTICLES.

FINALLY: LORRAINE CWIEKA REPORTS ON MENTAL HEALTH OPTIONS FOR TRICARE BENEFICIARIES.

MILITARY FAMILIES MAKE GREAT SACRIFICES AND FACE

EXTRAORDINARY CHALLENGES AND UNCERTAINTY THAT CAN TAKE A HEAVY TOLL. TRICARE BENEFICIARIES SHOULD KNOW THE PROGRAMS AND TOOLS AVAILABLE TO HELP MILITARY FAMILIES COPE WITH THE BURDENS OF MILITARY LIFE.

TRICARE COVERS MEDICALLY OR PSYCHOLOGICALLY NECESSARY INPATIENT AND OUTPATIENT MENTAL HEALTH CARE. THIS INCLUDES SUBSTANCE ABUSE TREATMENT, ONE-ON-ONE COUNSELING, GROUP THERAPY AND A VARIETY OF OTHER SERVICES. NON-ACTIVE DUTY TRICARE PRIME BENEFICIARIES DO NOT NEED A REFERRAL OR PRE-AUTHORIZATION FOR THEIR FIRST EIGHT VISITS PER YEAR TO A TRICARE AUTHORIZED MENTAL HEALTH PROVIDER. ACTIVE DUTY SERVICE MEMBERS MUST ALWAYS SEEK NONEMERGENCY MENTAL HEALTH CARE AT A MILITARY TREATMENT FACILITY WHEN AVAILABLE OR GET A REFERRAL BEFORE RECEIVING CIVILIAN CARE.

THE TRICARE ASSISTANCE PROGRAM OFFERS BENEFICIARIES INTERNET VIDEOCONFERENCING WITH A LICENSED BEHAVIORAL HEALTH CLINICIAN FROM THE COMFORT OF THEIR HOME. THIS

SHORT-TERM, SOLUTION-FOCUSED AND NON-MEDICAL COUNSELING IS DESIGNED TO HELP BENEFICIARIES COPE WITH CHALLENGES SUCH AS DEPLOYMENT STRESS, RELATIONSHIPS, PERSONAL LOSS AND PARENT-CHILD COMMUNICATIONS.

TRICARE'S TELEMENTAL HEALTH CARE NETWORKS PROVIDE CARE THROUGH MEDICALLY SUPERVISED VIDEOCONFERENCING WITH OFF-SITE TRICARE-AUTHORIZED BEHAVIORAL HEALTH PROVIDERS. WHILE TELEMENTAL HEALTH CARE IS OPEN TO ALL TRICARE BENEFICIARIES, IT IS NOT CURRENTLY AVAILABLE IN ALL GEOGRAPHICAL AREAS AND IS NOT A SUBSTITUTE FOR FACE-TO-FACE THERAPY WHEN THAT IS AVAILABLE.

TELEMENTAL HEALTH CARE AND TRIAP SERVICES ARE NOT FOR CRISIS INTERVENTION. IN AN EMERGENCY, BENEFICIARIES NEED TO FIND THE CLOSEST EMERGENCY ROOM OR PSYCHIATRIC TREATMENT CENTER.

THE MOST IMPORTANT MESSAGE IS THAT HELP IS AVAILABLE. COPING WITH STRESS OR DEPRESSION IS A BATTLE NO BENEFICIARY

HAS TO FIGHT ALONE. DON'T WAIT UNTIL A LOVED ONE IS IN A
CRISIS. SEEKING COUNSELING OR TREATMENT EARLY MAY BE THE
BEST WAY TO AVOID SERIOUS PROBLEMS DOWN THE ROAD.

FOR MORE INFORMATION ON TRICARE'S MENTAL HEALTH
PROGRAMS AND RESOURCES, VISIT TRICARE.MIL/MENTALHEALTH.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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

TAIL MUSIC (:03)