

TRICARE BENEFICIARY BULLETIN – SEPTEMBER 29, 2011 – 707 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 FIVE FOODS THAT HELP PREVENT COLON CANCER.

THE AMERICAN CANCER SOCIETY LISTS COLON CANCER AS THE THIRD-MOST-COMMON CANCER IN AMERICAN MEN AND WOMEN. WHAT CAN YOU DO TO PREVENT COLON CANCER? HERE ARE THE TOP FIVE FOODS THAT CAN HELP PREVENT THIS DISEASE.

- DAIRY PRODUCTS SUCH AS YOGURT OR MILK: SEVERAL STUDIES HAVE SHOWN THAT FOODS HIGH IN CALCIUM MAY HELP REDUCE THE RISK OF COLON CANCER.

- BROCCOLI AND CAULIFLOWER: THESE VEGGIES BELONG TO A FOOD GROUP CALLED “CRUCIFEROUS VEGETABLES,” WHICH ARE PART OF THE CABBAGE FAMILY. THESE FOODS CONTAIN CERTAIN COMPOUNDS THAT MAY REDUCE THE RISK OF COLON CANCER.
- SPINACH AND ASPARAGUS: SPINACH AND ASPARAGUS CONTAIN HIGH AMOUNTS OF FOLATE. TOO LITTLE FOLATE MAY INCREASE THE RISK OF COLON CANCER.
- WHOLE-GRAIN BREADS AND PASTA: WHOLE-GRAIN FOODS ARE HIGH IN FIBER, WHICH HELPS FOOD MOVE FASTER THROUGH THE DIGESTIVE TRACK. HIGH-FIBER FOODS ARE ALSO HIGH IN ANTIOXIDANTS, WHICH HELP PROTECT AGAINST SEVERAL CANCERS, INCLUDING COLON CANCER.
- AND STRAWBERRIES: STRAWBERRIES ARE PACKED WITH FIBER, VITAMIN C AND FOLATE—ALL NUTRIENTS THAT BOTH HELP REDUCE THE RISK OF COLON CANCER.

EXPERTS AGREE THAT ONE OF THE BEST WAYS TO SURVIVE COLON CANCER IS TO FIND IT EARLY—THROUGH SCREENING. TRICARE COVERS ONE COLONOSCOPY EVERY 10 YEARS FOR BENEFICIARIES

AGE 50 AND OLDER WHO ARE AT AVERAGE RISK OF COLON CANCER.
INDIVIDUALS AT INCREASED OR HIGHER RISK FOR COLON CANCER
MAY BE COVERED FOR MORE FREQUENT COLON CANCER
SCREENINGS.

FOR MORE INFORMATION, VISIT TRICARE.MIL.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

IDENTITY THEFT HAS BECOME A SIGNIFICANT ISSUE IN RECENT
YEARS AND CASES INVOLVING FRAUD AND SIMILAR CRIMES ARE
RISING. SOCIAL SECURITY NUMBERS, BIRTH DATES AND ADDRESSES
ARE ALL EXAMPLES OF PERSONALLY IDENTIFIABLE INFORMATION,
OR PII, THAT CAN BE USED TO STEAL AN IDENTITY TO COMMIT
FRAUD. TRICARE REMINDS BENEFICIARIES TO BE VIGILANT WHEN
ASKED TO DISCLOSE THEIR PERSONAL INFORMATION. EMAIL AND
SOCIAL NETWORKS HAVE MADE IT EASIER FOR PREDATORS TO
OBTAIN PERSONAL INFORMATION BUT TELEPHONE "SCAMS" ARE

STILL COMMONLY USED METHODS OF OBTAINING PERSONAL INFORMATION.

THE DEFENSE DEPARTMENT OFTEN CONTRACTS WITH MARKETING RESEARCH COMPANIES TO OBTAIN FEEDBACK ABOUT BENEFICIARY HEALTH CARE EXPERIENCES. THESE TELEPHONE SURVEYS ARE VALUABLE IN EFFORTS TO GAUGE SATISFACTION AS WELL AS IDENTIFY AREAS FOR IMPROVEMENT. HOWEVER, TRICARE BENEFICIARIES ARE REMINDED THESE SURVEYORS WILL **NOT** ASK FOR SOCIAL SECURITY NUMBERS, BIRTH DATES, ADDRESSES OR OTHER PII.

BENEFICIARIES CAN TAKE SIMPLE STEPS TO SAFEGUARD AGAINST IDENTITY THEFT INCLUDING:

- SHREDDING DOCUMENTS THAT CONTAIN PERSONAL INFORMATION BEFORE DISCARDING;
- CHECKING CREDIT CARD AND BANK STATEMENTS FOR DISCREPANCIES;
- CHECKING HEALTH CARE EOB'S FOR DISCREPANCIES;

- REFUSING TO GIVE OUT SOCIAL SECURITY NUMBERS WHEN SOLICITED BY STRANGERS; AND
- LIMITING THE AMOUNT OF PERSONAL INFORMATION SHARED ONLINE OR OVER THE PHONE.

FOR MORE INFORMATION ABOUT PROTECTING TRICARE PERSONAL INFORMATION VISIT THE TRICARE WEB PAGE AT TRICARE.MIL/PII.

FINALLY: LORRAINE CWIEKA REMINDS TRICARE BENEFICIARIES TO GET THEIR FLU VACCINE!

AS THE FLU SEASON BEGINS, TRICARE WOULD LIKE TO ENCOURAGE YOU TO RECEIVE A FLU VACCINE. TRICARE COVERS BOTH THE SHOT AND NASAL SPRAY WITHOUT COPAYMENTS OR COST-SHARES TO ALL TRICARE BENEFICIARIES.

THE FLU SHOT CONTAINS A DEAD VIRUS AND CAN BE GIVEN TO ALL PATIENTS AGE 6 MONTHS AND OLDER. THIS TYPE OF VACCINE IS SAFE FOR PREGNANT WOMEN OR WOMEN WHO MAY BECOME

PREGNANT DURING THE FLU SEASON. CHILDREN BETWEEN THE AGES OF 6 MONTHS AND 8 YEARS RECEIVING THE FLU VACCINE FOR THE FIRST TIME SHOULD RECEIVE TWO DOSES, WITH AT LEAST FOUR WEEKS IN BETWEEN SHOTS.

THE NASAL SPRAY CONTAINS A LIVE, WEAKENED VIRUS, AND IT CAN BE GIVEN TO HEALTHY PEOPLE BETWEEN THE AGES OF 2 AND 49.

WHILE TRICARE RECOMMENDS THAT ALL BENEFICIARIES GET VACCINATED, IT IS IMPORTANT TO REMEMBER THAT CERTAIN PEOPLE ARE AT A HIGHER RISK OF GETTING THE FLU INCLUDING:

- PREGNANT WOMEN;
- PEOPLE WHO LIVE WITH OR CARE FOR CHILDREN YOUNGER THAN 6 MONTHS;
- HEALTH CARE AND EMERGENCY MEDICAL SERVICES PERSONNEL;
- PEOPLE AGES 25 TO 64 WITH CHRONIC HEALTH DISORDERS OR COMPROMISED IMMUNE SYSTEMS; AND

- OLDER PEOPLE WITH DIABETES, CARDIOVASCULAR DISEASE, ASTHMA OR HIV.

DURING FLU SEASON, YOU CAN FOLLOW THESE STEPS TO HELP KEEP YOURSELF AND OTHERS HEALTHY:

- COVER YOUR NOSE AND MOUTH WITH A TISSUE WHEN COUGHING OR SNEEZING;
- WASH YOUR HANDS WITH WATER AND SOAP; AND
- AVOID CLOSE CONTACT WITH SICK PEOPLE.

FOR MORE INFORMATION VISIT TRICARE'S FLU RESOURCES PAGE AT TRICARE.MIL/FLU.

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)