

TRICARE BENEFICIARY BULLETIN – OCTOBER 6, 2011 – 688 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 STRAIGHTENING UP YOUR SMILE.

HAVING A BEAUTIFUL SMILE ISN'T THE ONLY REASON FOR GETTING BRACES. ORTHODONTIC BRACES NOT ONLY HELP STRAIGHTEN TEETH AND SMILES, BUT WITH TRICARE DENTAL COVERAGE, THEY ALSO KEEP MOUTHS HEALTHY.

WHEN TEETH ARE CROWDED OR CROOKED IT CAN MEAN THERE ARE SPOTS IN THE MOUTH THAT ARE HARD TO REACH, MAKING ORAL HYGIENE DIFFICULT. POOR ORAL HYGIENE CAN LEAD TO PLAQUE

BUILD-UP, GINGIVITIS, GUM DISEASE, CAVITIES AND OTHER ISSUES
IN HARD TO CLEAN AREAS.

COVERAGE FOR BRACES VARIES BETWEEN PLANS. TRICARE DENTAL
PROGRAM ENROLLEES, INCLUDING NATIONAL GUARD AND RESERVE
FAMILY MEMBERS, ARE ELIGIBLE FOR BRACES IF THEY ARE
YOUNGER THAN 21 YEARS OF AGE—OR UP TO AGE 23 FOR FULL-TIME
STUDENTS—AND REMAIN ENROLLED IN THE PROGRAM EACH
MONTH QUARTERLY PAYMENTS ARE MADE.

TRICARE ENHANCED DENTAL PROGRAM PLAN ENROLLEES ARE
ELIGIBLE AS LONG AS THEY REMAIN ENROLLED FOR 12 CONTINUOUS
MONTHS OF COVERAGE. AND TRICARE RETIREE DENTAL PROGRAM
ENROLLEES ARE NOT COVERED FOR BRACES AS LONG AS THEY ARE
BASIC PLAN MEMBERS.

PAYMENTS ALSO VARY ACCORDING TO DENTAL PLANS, AND THE
SPECIFICS OF THE ORTHODONTIC WORK. ENROLLEES SHOULD
CONTACT THEIR PLAN PROVIDER FOR AN EXPLANATION OF THE
PAYMENT STRUCTURE.

ENROLLEES SHOULD ALWAYS TALK WITH THEIR DENTIST IF THEY HAVE QUESTIONS ABOUT BRACES AND ORTHODONTIC WORK. FOR MORE INFORMATION ABOUT ORTHODONTIC COVERAGE VISIT TRICAREDEDENTALPROGRAM.COM OR TRDP.ORG.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

HEALTH CARE ELIGIBILITY RECORDS MAY NOT BE THE FIRST THING ON A BENEFICIARY'S MIND WHILE GOING THROUGH A DIVORCE, BUT UPDATING THEIR MARITAL STATUS IN THE DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM, OR DEERS, IN A TIMELY FASHION CAN SAVE MAJOR HEADACHES DOWN THE ROAD.

SPONSORS AND DEPENDENTS MUST UPDATE DEERS WITHIN 30 DAYS OF AN ELIGIBILITY CHANGE, SUCH AS DIVORCE. TO SEE A COMPLETE LIST OF LIFE EVENTS THAT REQUIRES A DEERS UPDATE, VISIT TRICARE.MIL/DEERS.

TRICARE'S PROGRAM INTEGRITY OFFICE WORKS WITH THE DEFENSE MANPOWER DATA CENTER AND THE MILITARY SERVICES TO IDENTIFY UNAUTHORIZED USE OF DEFENSE DEPARTMENT HEALTH CARE. THEY ROUTINELY REVIEW DEERS TO IDENTIFY LATE REPORTS OF ELIGIBILITY CHANGES, UNAUTHORIZED ENROLLMENTS, AND UNREPORTED ELIGIBILITY LOSS DUE TO SIGNIFICANT EVENTS SUCH AS DIVORCE.

HEALTH CARE OBTAINED BY A FORMER SPOUSE UNDER SUCH CIRCUMSTANCES DOES NOT QUALIFY FOR TRICARE COVERAGE. IN SOME SITUATIONS, SPONSORS MAY BE UNDER A COURT ORDER TO PROVIDE THEIR FORMER SPOUSE WITH HEALTH CARE COVERAGE. A COURT ORDER LIKE THIS DOES NOT AFFECT A FORMER SPOUSES TRICARE ELIGIBILITY, OR THE SPONSOR'S RESPONSIBILITY TO UPDATE DEERS. IF A FORMER SPOUSE DOES NOT MEET DEFENSE DEPARTMENT ELIGIBILITY REQUIREMENTS, THEY CANNOT HAVE THEIR CARE COVERED.

UNREARRIED FORMER SPOUSES CAN REMAIN TRICARE ELIGIBLE IF THEY MEET CERTAIN CONDITIONS AND UPDATE THEIR STATUS IN DEERS. CHECK THE TRICARE WEBSITE AT TRICARE.MIL/FORMERSPOUSES TO SEE ELIGIBILITY REQUIREMENTS FOR FORMER SPOUSES.

FINALLY: ANNEMARIE FELICIO REPORTS ON THE IMPORTANCE OF EATING MORE FRUITS AND VEGGIES.

ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, MORE THAN 75 PERCENT OF BOTH ADULTS AND CHILDREN EAT FEWER THAN FIVE FRUITS AND VEGETABLES PER DAY, WITH ONLY ABOUT 35 PERCENT EVEN EATING ONE TO TWO A DAY.

MANY BENEFICIARIES KNOW THAT EATING A DIET RICH IN FRUITS AND VEGETABLES IS GOOD FOR THEM, BUT THEY MAY ALSO FIND IT DIFFICULT TO DO SO, WITH MANY CONSTANTLY ON THE GO WITH

WORK AND FAMILY OBLIGATIONS AND ACTIVITIES. TRICARE REMINDS THEM THAT THEY CAN FIT FRUITS AND VEGGIES INTO ANY DAILY ROUTINE.

HERE ARE SEVERAL TIPS FOR DOING THIS:

- BLEND A FRUIT SMOOTHIE OR DRINK TO TAKE ON COMMUTES;
- STICK A BANANA, APPLE OR CELERY STICK IN YOUR BAG FOR A QUICK AND EASY SNACK;
- MAKE A FRUIT ROLL-UP THAT TRAVELS ANYWHERE. START WITH TORTILLAS AND PEANUT BUTTER THEN ADD YOUR FAVORITE FRUITS;
- TRY VEGETABLE STIR FRY, VEGETABLE FAJITAS, VEGGIE WRAPS OR VEGETABLE SOUP WHEN AT A RESTAURANT; AND
- CHOOSE A SALAD WITH LOW-FAT DRESSING.

AND WHEN ON THE GO WITH KIDS, TRY:

- SUBSTITUTING FRUIT FOR THE FRIES WHEN ORDERING A KIDS MEAL;

- MAKING A LARGE BATCH OF MIXED DRIED FRUIT AT HOME WITH YOUR KIDS THAT CAN BE PUT IN BAGS TO TAKE ALONG;
AND
- ADDING FRUIT TO DRY CEREAL OR OATMEAL AT BREAKFAST TO GET IN AN EXTRA SERVING.

TO LEARN MORE ABOUT HEALTHY FOOD CHOICES AND PHYSICAL ACTIVITY, GO TO TRICARE'S "GET FIT" WEBPAGE, TRICARE.MIL/GETFIT.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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

TAIL MUSIC (:03)