

TRICARE BENEFICIARY BULLETIN – OCTOBER 13, 2011 – 589 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 TRICARE'S SUPPORT OF FAMILY HEALTH MONTH.

OCTOBER IS FAMILY HEALTH MONTH, A PERFECT TIME FOR BENEFICIARIES TO START A REGULAR EXERCISE PROGRAM AND ENJOY THE BENEFITS OF BEING PHYSICALLY ACTIVE. TRICARE ENCOURAGES ALL BENEFICIARIES TO BE PROACTIVE WITH THEIR HEALTH.

UNIFORMED SERVICE MEMBERS UNDERSTAND THE IMPORTANCE OF STAYING PHYSICALLY FIT. BEING PHYSICALLY FIT HAS A DIRECT

IMPACT ON THEIR LEVEL OF COMBAT READINESS, MENTAL AND PHYSICAL HEALTH, AND THEIR PRODUCTIVITY, BUT IT ALSO CAN BE BENEFICIAL FOR THOSE WHO AREN'T IN UNIFORM.

PHYSICAL ACTIVITY IS IMPORTANT FOR PHYSICAL HEALTH AND WEIGHT MANAGEMENT AND CAN REDUCE THE RISK OF CARDIOVASCULAR DISEASE, DIABETES AND OTHER DISEASES.

CONSISTENT PHYSICAL ACTIVITY IS HELPFUL IN WEIGHT LOSS AND IN MAINTAINING A HEALTHY WEIGHT.

THE CENTERS FOR DISEASE CONTROL AND PREVENTION RECOMMEND 30 MINUTES OF DAILY PHYSICAL ACTIVITY FOR ADULTS AND 60 MINUTES FOR CHILDREN. EVERYDAY ACTIVITIES PROVIDE OPPORTUNITIES FOR BEING MORE ACTIVE. HERE ARE SOME ACTIVITIES FOR YOU TO TRY!

- WALK, CYCLE, JOG, OR SKATE TO WORK, SCHOOL, THE STORE OR PLACE OF WORSHIP.
- PARK THE CAR FARTHER AWAY FROM YOUR DESTINATION.
- TAKE THE STAIRS INSTEAD OF THE ELEVATOR OR ESCALATOR.

- USE LEG POWER BY TAKING SMALL TRIPS ON FOOT TO GET YOUR BODY MOVING.
- TAKE FITNESS BREAKS BY WALKING OR DOING DESK EXERCISES INSTEAD OF TAKING CIGARETTE OR COFFEE BREAKS AND
- PERFORM GARDENING OR HOME REPAIR ACTIVITIES.

TO LEARN MORE ABOUT PHYSICAL ACTIVITIES FOR EVERYDAY GO TO [CDC.GOV/HEALTHYLIVING](https://www.cdc.gov/healthyliving).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NEXT: LORRAINE CWIEKA REPORTS ON TRICARE'S COVERAGE OF THE SHINGLES VACCINE AT RETAIL PHARMACIES.

AS PART OF ITS RETAIL NETWORK PHARMACY VACCINE PROGRAM, TRICARE HAS EXPANDED COVERAGE OF THE SHINGLES VACCINE ZOSTAVAX. THE VACCINE IS NOW AVAILABLE AT PARTICIPATING

TRICARE RETAIL NETWORK PHARMACIES AT NO COST TO TRICARE PHARMACY BENEFICIARIES 60 YEARS AND OLDER.

HOWEVER, THE SHINGLES VACCINE IS CURRENTLY IN LOW SUPPLY, DUE TO A MANUFACTURING SHORTAGE. BENEFICIARIES ARE STRONGLY URGED TO CONTACT THEIR PHARMACY AHEAD OF TIME TO MAKE SURE THE VACCINE IS IN STOCK. BENEFICIARIES MAY STILL OBTAIN THE SHINGLES VACCINES THROUGH THEIR REGULAR PHYSICIAN, BUT USUAL COST SHARES OR COPAYMENTS FOR OFFICE VISITS MAY APPLY.

SHINGLES IS A PAINFUL DISEASE THAT STRIKES MOSTLY OLDER ADULTS. UNTIL RECENTLY, TRICARE ONLY COVERED THE VACCINE WHEN ADMINISTERED AT A PHYSICIAN'S OFFICE. IN THE RECOMMENDED POPULATION, THE VACCINE REDUCES THE CHANCE OF GETTING SHINGLES BY NEARLY 66 PERCENT.

FOR MORE ON TRICARE COVERAGE OF THE SHINGLES VACCINE GO TO TRICARE.MIL/SHINGLES.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

TRICARE OFFERS COMPREHENSIVE, AFFORDABLE HEALTH
COVERAGE TO MORE THAN 9.6 MILLION ELIGIBLE BENEFICIARIES
WORLDWIDE. ONE PROGRAM AVAILABLE TO BENEFICIARIES IS THE
COVERAGE FOR PARTICIPATION IN NATIONAL CANCER INSTITUTE-
SPONSORED CANCER CLINICAL TRIALS.

CANCER CLINICAL TRIAL PARTICIPATION IS AUTHORIZED FOR
TRICARE-ELIGIBLE PATIENTS SELECTED TO PARTICIPATE IN NCI-
SPONSORED PHASE I, PHASE II AND PHASE III STUDIES FOR THE
PREVENTION, SCREENING, EARLY DETECTION AND TREATMENT OF
CANCER.

TO BE AUTHORIZED TO PARTICIPATE IN PHASE I CLINICAL TRIALS,
BENEFICIARIES MUST MEET CERTAIN CRITERIA INCLUDING
OBTAINING A REFERRAL BY AN ATTENDING PHYSICIAN,
ONCOLOGIST OR PRIMARY CARE MANAGER AND BE ACCEPTED INTO

THE TRIAL. IN ADDITION, THE FACILITY AND PERSONNEL PROVIDING THE TREATMENT MUST BE CAPABLE OF DOING SO BY VIRTUE OF THEIR EXPERIENCE, TRAINING AND VOLUME OF PATIENTS TREATED TO MAINTAIN EXPERTISE.

TRICARE WILL COST-SHARE ALL MEDICAL CARE AND TESTING REQUIRED TO DETERMINE ELIGIBILITY FOR AN NCI-SPONSORED TRIAL INCLUDING THE EVALUATION FOR ELIGIBILITY. TRICARE WILL ALSO COST-SHARE ALL MEDICAL CARE REQUIRED AS A RESULT OF AUTHORIZED PARTICIPATION IN NCI-SPONSORED STUDIES, INCLUDING PURCHASING AND ADMINISTERING ALL APPROVED CHEMOTHERAPY AGENTS, EXCEPT FOR NCI-FUNDED INVESTIGATIONAL DRUGS, AND ALL INPATIENT AND OUTPATIENT CARE.

FOR MORE DETAILED INFORMATION OR TO INQUIRE ABOUT TAKING PART IN A TRIAL, BENEFICIARIES SHOULD THEIR REGIONAL HEALTH CARE CONTRACTOR. CONTACT INFORMATION IS LOCATED AT TRICARE.MIL/CONTACTUS.

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

TAIL MUSIC (:03)