

TRICARE BENEFICIARY BULLETIN – OCTOBER 20, 2011 – 550 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 ENCOURAGING TRICARE BENEFICIARIES TO CHECK THEIR CHOLESTEROL LEVELS.

ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, ABOUT ONE IN EVERY SIX ADULT AMERICANS HAS HIGH BLOOD CHOLESTEROL,

HIGH BLOOD CHOLESTEROL IS A RISK FACTOR FOR HEART DISEASE. HIGH BLOOD CHOLESTEROL ITSELF HAS NO SYMPTOMS; OFTEN PEOPLE WHO ARE AT RISK DON'T REALIZE IT BECAUSE MANY PEOPLE HAVE NEVER HAD THEIR CHOLESTEROL LEVELS CHECKED.

TRICARE COVERS A LIPID PANEL ONCE EVERY FIVE YEARS BEGINNING AT AGE 18. CDC RECOMMENDS HAVING A BLOOD TEST CALLED A “LIPOPROTEIN PROFILE” TO FIND OUT CHOLESTEROL NUMBERS. THE US PREVENTIVE SERVICES TASK FORCE HAS DIFFERENT SCREENING RECOMMENDATIONS BASED ON A PATIENT’S AGE, GENDER AND RISK FACTORS. BENEFICIARIES SHOULD TALK WITH THEIR PRIMARY CARE PROVIDER TO DETERMINE IF THEY NEED TO HAVE THEIR CHOLESTEROL CHECKED.

A LIPOPROTEIN PROFILE IS DONE AFTER A 9-TO-12 HOUR FAST AND GIVES INFORMATION ON THE FOLLOWING:

- TOTAL CHOLESTEROL;
- LOW-DENSITY LIPOPROTEINS CHOLESTEROL OR “BAD” CHOLESTEROL;
- HIGH-DENSITY LIPOPROTEINS CHOLESTEROL OR “GOOD” CHOLESTEROL; AND
- TRIGLYCERIDES.

FOR THOSE WHO HAVE HIGH CHOLESTEROL, A DOCTOR MAY PRESCRIBE MEDICATIONS AS WELL AS LIFESTYLE CHANGES. THERE ARE SEVERAL TYPES OF DRUGS AVAILABLE FOR CHOLESTEROL LOWERING. THE PURPOSE OF TREATMENT IS TO LOWER THE LDL LEVEL AND REDUCE THE RISK OF DEVELOPING HEART DISEASE OR HAVING A HEART ATTACK.

FOR MORE INFORMATION REGARDING CHOLESTEROL TESTING COVERAGE, VISIT TRICARE.MIL/COVEREDSERVICES.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT: ANNEMARIE FELICIO REPORTS ON AN UPCOMING PRESCRIPTION DRUG TAKE BACK DAY.

THE DRUG ENFORCEMENT ADMINISTRATION HAS SCHEDULED ANOTHER NATIONAL PRESCRIPTION DRUG TAKE BACK DAY ON SATURDAY, OCTOBER 29, FROM 10 A.M. TO 2 P.M. TO PROVIDE A VENUE FOR PERSONS WHO WANT TO SAFELY DISPOSE OF

UNWANTED, UNUSED AND EXPIRED PRESCRIPTION DRUGS. TRICARE BENEFICIARIES ARE ENCOURAGED TO PARTICIPATE IN THIS EVENT.

SEVERAL MILITARY FACILITIES PARTICIPATING IN THE OCTOBER EVENT INCLUDE: FORT MYER PX AND HENDERSON HALL MCX , FT. MYER, VIRGINIA; NAVAL MEDICAL CENTER IN SAN DIEGO, CALIFORNIA; FORT HOOD MAIN PX , FT. HOOD, TEXAS; FORT LEONARD WOOD COMMISSARY, FT. LEONARD WOOD, MISSOURI; FORT JACKSON MAIN EXCHANGE, COLUMBIA, SOUTH CAROLINA; AND FORT SILL PX FOOD COURT, FT. SILL, OKLAHOMA.

STUDIES SHOW THAT A MAJORITY OF ABUSED PRESCRIPTION DRUGS ARE OBTAINED FROM FAMILY AND FRIENDS, INCLUDING THE HOME MEDICINE CABINET. ANOTHER ADVANTAGE OF THIS PROGRAM IS IT DISCOURAGES PEOPLE FROM FLUSHING DRUGS DOWN THEIR TOILETS. DRUGS IMPROPERLY DISPOSED OF WIND UP IN RIVERS AND LAKES WHERE THEY HARM AQUATIC LIFE AND CONTAMINATE WATER SUPPLY, ACCORDING TO THE ENVIRONMENTAL PROTECTION AGENCY.

EVENTS LIKE THIS HAVE NOT ONLY DRAMATICALLY REDUCED THE RISK OF PRESCRIPTION DRUG DIVERSION AND ABUSE, BUT HAVE ALSO INCREASED AWARENESS OF THIS CRITICAL PUBLIC SAFETY AND PUBLIC HEALTH ISSUE.

TO FIND A COLLECTION SITE, GO TO DEADIVERSION.USDOJ.GOV AND CLICK ON THE “GOT DRUGS” BANNER. THIS DIRECTS BENEFICIARIES TO A DATABASE WHERE THEY CAN ENTER THEIR ZIP CODE.

FOR TRICARE MANAGEMENT ACTIVITY, I’M ANNEMARIE FELICIO.

ACTIVE DUTY SERVICE MEMBERS, RETIREES AND ELIGIBLE FAMILY MEMBERS CAN NOW USE THE MILCONNECT PORTAL TO ACCESS HEALTH CARE ELIGIBILITY AND PERSONNEL INFORMATION, UNIFORMED SERVICES IDENTIFICATION CARDS AND INFORMATION ON OTHER BENEFITS, INCLUDING SERVICEMEMBERS’ GROUP LIFE INSURANCE.

YOU CAN LOG ON TO MILCONNECT'S SECURE SITE AT
MILCONNECT.DMDC.MIL, USING A COMMON ACCESS CARD, DFAS
USER NAME AND PASSWORD OR DS LOGON. ONCE YOU HAVE
LOGGED ON TO THE SITE, YOU CAN:

- UPDATE YOUR CONTACT INFORMATION IN THE DEFENSE
ENROLLMENT ELIGIBILITY REPORTING SYSTEM;
- PRINT PROOF OF INSURANCE, IF ENROLLED IN TRICARE PRIME;
- TRANSFER YOUR POST-9/11 G.I. BILL BENEFITS; AND
- VIEW YOUR MEDICAL, DENTAL AND PHARMACY COVERAGE.

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

TAIL MUSIC (:03)