

TRICARE BENEFICIARY BULLETIN – NOVEMBER 10, 2011 – 724 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 THE PROACTIVE STEPS BEGIN TAKEN TO ADDRESS SAIC DATA BREACH.

A LOSS OF COMPUTER TAPES BY SCIENCE APPLICATIONS INTERNATIONAL CORPORATION, SAIC, MAY HAVE PLACED TRICARE PATIENT DATA AT RISK. THERE IS NO EVIDENCE THAT ANY OF THE DATA HAS ACTUALLY BEEN ACCESSED BY A THIRD PARTY, AND ANALYSIS SHOWS THE CHANCE ANY DATA WAS ACTUALLY COMPROMISED IS LOW, BUT PROACTIVE MEASURES ARE BEING TAKEN TO ENSURE THAT POTENTIALLY AFFECTED PATIENTS ARE KEPT INFORMED AND PROTECTED.

SAIC IS A CONTRACTOR FOR THE TRICARE MANAGEMENT ACTIVITY. ON SEPTEMBER 14, TMA LEARNED THAT AN SAIC EMPLOYEE REPORTED THAT ON SEPTEMBER 12 COMPUTER TAPES CONTAINING PERSONALLY IDENTIFIABLE AND PROTECTED HEALTH INFORMATION OF 4.9 MILLION MILITARY CLINIC AND HOSPITAL PATIENTS IN TEXAS, OR THOSE PATIENTS WHO HAD LABORATORY EXAMS SENT TO THE MILITARY HOSPITALS IN TEXAS, WERE STOLEN. THE DATA CONTAINED ON THE TAPES MAY INCLUDE NAMES, SOCIAL SECURITY NUMBERS, ADDRESSES AND PHONE NUMBERS, AND SOME PERSONAL HEALTH DATA SUCH AS CLINICAL NOTES, LABORATORY TESTS AND PRESCRIPTIONS. THERE IS NO FINANCIAL DATA, SUCH AS CREDIT CARD OR BANK ACCOUNT INFORMATION, ON THE BACKUP TAPES.

TMA HAS DIRECTED SAIC TO PROVIDE ONE YEAR OF CREDIT MONITORING AND RESTORATION SERVICES TO PATIENTS WHO EXPRESS CONCERN ABOUT THEIR CREDIT. SAIC WILL ALSO CONDUCT ANALYSIS OF ALL AVAILABLE DATA TO HELP TMA DETERMINE IF IDENTITY THEFT OCCURS DUE TO THE DATA BREACH.

THE RISK OF HARM IS JUDGED TO BE LOW DESPITE THE SENSITIVE DATA INVOLVED. RETRIEVING DATA FROM THE TAPES REQUIRES KNOWLEDGE OF AND ACCESS TO SPECIFIC HARDWARE AND SOFTWARE AND KNOWLEDGE OF THE SYSTEM AND DATA STRUCTURE.

CONCERNED PATIENTS MAY CONTACT THE SAIC INCIDENT RESPONSE CALL CENTER, MONDAY THROUGH FRIDAY, 9 A.M. TO 6 P.M. EASTERN TIME, AT (855) 366-0140 (TOLL FREE) FOR UNITED STATES CALLERS AND (952) 556-8312 (COLLECT) INTERNATIONALLY.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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NOVEMBER IS AMERICAN DIABETES MONTH AND TRICARE OFFICIALS REMIND BENEFICIARIES WHILE ENJOYING THE HOLIDAYS, TO BE MINDFUL OF THE TYPES AND AMOUNT OF FOOD THAT MAY AFFECT THEIR BLOOD GLUCOSE LEVELS.

BENEFICIARIES SHOULD INDULGE IN THOSE UNHEALTHY HOLIDAY TREATS IN MODERATION AND CONTINUE THEIR PHYSICAL ACTIVITY. NOW MAY ALSO BE A GOOD TIME TO MAKE HEALTHY CARBOHYDRATES SUCH AS WHOLE FRUITS, NUTRIENT-RICH GRAINS AND VEGETABLES PART OF YOUR FAMILY'S HOLIDAY TRADITION – MINUS THE BUTTER AND GRAVY. INCORPORATING FIBER-RICH FOODS LIKE WHEAT BRAN AND LOW-FAT PROTEINS SUCH AS LEAN TURKEY – BAKED, NO DEEP-FRIED – INTO YOUR HOLIDAY MENU IS ALSO A GOOD IDEA.

PHYSICAL ACTIVITY SHOULD BE SQUEEZED INTO ANY HOLIDAY PLANS. MALL SHOPPING WITH RELATIVES, A BRISK WALK WITH GRANDCHILDREN OR DANCING AT A PARTY ARE GOOD WAYS TO BURN SOME OF THOSE EXTRA HOLIDAY CALORIES AND MAY BE HELPFUL FOR THOSE WORKING TO MANAGE THEIR DIABETES AND STAY HEALTHY.

IF BENEFICIARIES HAVE DIABETES AND REQUIRE MEDICATION, ADJUSTMENTS MAY BE NECESSARY TO MAINTAIN GOOD CONTROL

IF HE OR SHE STRAY FROM THEIR USUAL DIET. BENEFICIARIES SHOULD DISCUSS THEIR NEEDS WITH A PHYSICIAN.

FOR MORE DETAILS ABOUT TRICARE BENEFITS FOR DIABETES, CHECK WHAT'S COVERED UNDER THE "QUICK LINKS" AT TRICARE.MIL.

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FINALLY: LORRAINE CWIEKA REPORTS ON HOW TRICARE AND THE VETERANS ADMINISTRATION COORDINATE CARE TO SUPPORT VETERANS.

FOR SERVICE MEMBERS WHO BELIEVE THEY HAVE SUSTAINED A DISEASE OR DISABILITY CONNECTED TO THEIR SERVICE, THERE ARE MANY PROGRAMS AND RESOURCES AVAILABLE TO THEM THROUGH TRICARE NETWORK PROVIDERS AND, OR THE VETERANS ADMINISTRATION.

WHEN SERVICE MEMBERS LEAVE ACTIVE DUTY, THEY MAY BE ELIGIBLE FOR BENEFITS OFFERED BY TRICARE AND THE VA,

DEPENDING ON WHETHER THEY RETIRE OR HOW THEY SEPARATE FROM THE MILITARY. IF RETIRING, THEY ARE ELIGIBLE FOR TRICARE AS A MILITARY RETIREE AND MAY BE ELIGIBLE FOR CERTAIN VA BENEFITS. SERVICE MEMBERS WHO SEPARATE DUE TO A SERVICE-CONNECTED DISEASE OR INJURY MAY BE ELIGIBLE FOR VA HEALTH BENEFITS AND CERTAIN TRICARE BENEFITS.

A SERVICE MEMBER GETTING READY TO BE MEDICALLY-RETIRED CAN FIND OUT IF HE OR SHE QUALIFIES FOR VA HEALTH BENEFITS FOR A SERVICE-CONNECTED INJURY BY CONSULTING WITH A VA BENEFIT COUNSELOR. VA BENEFIT COUNSELORS WILL ASSIST THEM IN SUBMITTING A HEALTH BENEFITS APPLICATION AND DETERMINING WHAT THEIR MILITARY AND VA MEDICAL BOARD RATINGS MEAN WITH RESPECT TO HEALTH CARE COVERAGE.

VETERANS WHO QUALIFY FOR VA HEALTH BENEFITS USUALLY RECEIVE CARE FOR THEIR SERVICE-CONNECTED INJURY AT THE VA.

MEDICALLY-RETIRED VETERANS MAY ALSO BE ELIGIBLE TO RECEIVE ALL OTHER HEALTH CARE THROUGH TRICARE. UNDER THEIR TRICARE BENEFITS, THEY MAY HAVE A CHOICE BETWEEN

TRICARE PRIME, OR STANDARD AND EXTRA. THEIR ELIGIBLE FAMILY MEMBERS ARE ALSO AFFORDED THE SAME OPTIONS.

RETIREES CAN LEARN MORE ABOUT VA HEALTH BENEFITS BY VISITING [TRICARE.MIL/TRICARETOVA](http://TRICARE.MIL/TRICARETOVA). INFORMATION ABOUT TRICARE-COVERED SERVICES CAN BE FOUND AT [TRICARE.MIL/MYBENEFIT](http://TRICARE.MIL/MYBENEFIT).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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

TAIL MUSIC (:03)