

TRICARE BENEFICIARY BULLETIN – DECEMBER 1, 2011 – 689 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 LAUNCH OF TRICARE YOUNG ADULT PRIME.

THE TRICARE YOUNG ADULT PRIME OPTION IS NOW AVAILABLE FOR PURCHASE WITH COVERAGE BEGINNING JANUARY 1, 2012. TRICARE YOUNG ADULT PRIME WILL OFFER YOUNG ADULT BENEFICIARIES TRICARE PRIME COVERAGE FOR MONTHLY PREMIUMS OF \$201. TO PURCHASE THIS OPTION, DEPENDENTS MUST BE UNDER AGE 26, UNMARRIED AND NOT ELIGIBLE FOR THEIR OWN EMPLOYER-SPONSORED HEALTH CARE COVERAGE.

TRICARE YOUNG ADULT PRIME IS A MANAGED HEALTH CARE OPTION WITH LOW OUT-OF-POCKET COSTS. CARE IS DELIVERED THROUGH MILITARY CLINICS AND HOSPITALS AND THE TRICARE NETWORK OF CIVILIAN PROVIDERS. UNIFORMED SERVICES DEPENDENTS MAY QUALIFY TO PURCHASE TRICARE YOUNG ADULT PRIME IF THEY LIVE IN A DESIGNATED PRIME SERVICE AREA AND THEIR SPONSOR'S STATUS MAKES THEM ELIGIBLE FOR PRIME COVERAGE.

YOUNG ADULTS CONSIDERING THIS OPTION SHOULD DETERMINE IF THEY ARE ELIGIBLE BEFORE COMPLETING AND SENDING IN AN APPLICATION. ELIGIBLE DEPENDENTS MAY DROP OFF THE APPLICATION AND PAYMENT OF THREE MONTHS OF PREMIUMS AT A TRICARE SERVICE CENTER OR SEND THEM BY MAIL OR FAX TO THEIR REGIONAL HEALTH CARE CONTRACTOR.

ONCE THE INITIAL PAYMENT IS MADE, MONTHLY PREMIUMS MUST BE PAID IN ADVANCE THROUGH AUTOMATED ELECTRONIC PAYMENT. TRICARE YOUNG ADULT PRIME ENROLLMENT WILL FOLLOW THE TRICARE PRIME "20TH OF THE MONTH RULE." AS LONG

AS THE ENROLLMENT APPLICATION IS RECEIVED BY THE 20TH OF THE MONTH, COVERAGE CAN BEGIN ON THE FIRST DAY OF THE NEXT MONTH. FOR EXAMPLE, IF AN APPLICANT WANTS TRICARE YOUNG ADULT PRIME PRIME TO START JANUARY 1, 2012, THE APPLICATION AND INITIAL THREE-MONTH PAYMENT MUST BE RECEIVED BY DECEMBER 20, 2011. IF IT'S RECEIVED AFTER DECEMBER 20, COVERAGE BEGINS FEBRUARY 1, 2012.

COMPLETE INFORMATION AND APPLICATION FORMS ARE AVAILABLE AT [TRICARE.MIL/TYA](http://TRICARE.MIL/TYA).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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NEXT: LORRAINE CWIEKA REPORTS ON DIABETES AND YOUR DENTAL HEALTH.

PEOPLE LIVING WITH TYPE 2 DIABETES SHOULD TAKE STEPS TO MAKE SURE THEY CONTROL THEIR DISEASE. MAINTAINING THEIR GOOD ORAL HEALTH SHOULD BE NO DIFFERENT. HIGH BLOOD

SUGAR LEVELS MEAN THAT PEOPLE WITH TYPE 2 DIABETES ARE MORE LIKELY TO HAVE PROBLEMS WITH THEIR TEETH AND GUMS. WHEN DIABETES IS NOT CONTROLLED, HIGH BLOOD SUGAR LEVELS IN SALIVA ALLOW BACTERIA IN THE MOUTH TO FLOURISH, WHICH CAN LEAD TO TOOTH DECAY AND DISEASE.

PREVENTION IS THE BEST WAY TO AVOID THE ORAL HEALTH PROBLEMS ASSOCIATED WITH DIABETES. TRICARE'S DENTAL PROGRAMS PROVIDE PREVENTIVE ORAL HEALTH CARE COVERAGE, INCLUDING TWO DENTAL EXAMS PER CONSECUTIVE 12 MONTH PERIOD. REGULAR DENTAL CHECK-UPS ARE IMPORTANT TO SCREEN FOR EARLY SIGNS OF ORAL HEALTH PROBLEMS AND TO TREAT EXISTING PROBLEMS BEFORE THEY BECOME MORE SEVERE.

PATIENTS SHOULD ALSO KEEP THEIR DENTIST AWARE OF THEIR CONDITION. IT'S IMPORTANT TO SHARE WHETHER THEIR DIABETES IS BEING CONTROLLED, IF THEY ARE TAKING ANY PRESCRIPTION OR OVER THE COUNTER MEDICATIONS, OR IF THEY ARE EXPERIENCING ANY ORAL HEALTH ISSUES THEY THINK COULD BE RELATED TO THEIR DIABETES. SORE, SWOLLEN AND RED GUMS AND/OR

BLEEDING DURING BRUSHING ARE ALL SIGNS OF ORAL HEALTH PROBLEMS PATIENTS SHOULD LOOK FOR AND TELL THEIR DENTIST ABOUT IF THEY BEGIN TO EXPERIENCE.

FOR MORE INFORMATION ON TRICARE'S DENTAL PROGRAMS, ORAL CARE TIPS OR TO FIND A TRICARE DENTAL PROGRAM PARTICIPATING DENTIST PLEASE VISIT [TRICAREDEDENTALPROGRAM.COM](http://TRICAREDEDENTALPROGRAM.COM) OR [TRDP.ORG](http://TRDP.ORG).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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ALTHOUGH WINTER COMES AS NO SURPRISE, MANY OF US ARE NOT READY FOR ITS ARRIVAL. THE CENTERS FOR DISEASE CONTROL AND PREVENTION RECOMMEND THESE STEPS TO KEEP YOU SAFE AND WARM DURING THE WINTER MONTHS.

- WINTERIZE YOUR HOME BY INSTALLING WEATHER STRIPPING, INSULATION, AND STORM WINDOWS; INSULATING WATER LINES THAT RUN ALONG EXTERIOR WALLS; CLEANING OUT

GUTTERS AND REPAIR ROOF LEAKS AND CHECKING YOUR HEATING SYSTEMS.

- PREPARE FOR WEATHER-RELATED EMERGENCIES, INCLUDING POWER OUTAGES BY STOCKING FOOD THAT NEEDS NO COOKING OR REFRIGERATION AND WATER STORED IN CLEAN CONTAINERS.
- IF YOU ARE SPENDING TIME OUTDOORS MAKE SURE TO WEAR APPROPRIATE OUTDOOR CLOTHING INCLUDING: LAYERS OF LIGHT, WARM CLOTHING; MITTENS; HATS; SCARVES; AND WATERPROOF BOOTS.

AND ALWAYS BE PREPARED TO CHECK ON FAMILY AND NEIGHBORS WHO ARE ESPECIALLY AT RISK FROM COLD WEATHER HAZARDS: YOUNG CHILDREN, OLDER ADULTS, AND THE CHRONICALLY ILL. IF YOU HAVE PETS, BRING THEM INSIDE. IF YOU CANNOT BRING THEM INSIDE, PROVIDE ADEQUATE, WARM SHELTER AND UNFROZEN WATER TO DRINK.

NO ONE CAN STOP THE ONSET OF WINTER. HOWEVER, IF YOU  
FOLLOW THESE SUGGESTIONS, YOU WILL BE READY FOR IT WHEN IT  
COMES!

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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)