

TRICARE BENEFICIARY BULLETIN – DECEMBER 9, 2011 – 659 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 AVOIDING COLDS THIS WINTER.

SNEEZING, COUGHING AND SORE THROATS CAN ALL BE SIGNS OF AN INFECTION. HOWEVER, THERE IS A GREAT WAY TO HELP PREVENT THE SPREAD OF GERMS THAT CAN CAUSE THESE SYMPTOMS –WASH YOUR HANDS! TRICARE ENCOURAGES ALL BENEFICIARIES TO PRACTICE THE PRINCIPLES OF HANDWASHING.

HANDWASHING IS THE SINGLE MOST EFFECTIVE WAY TO PREVENT THE TRANSMISSION OF DISEASE. USING SOAP AND WATER IS THE

BEST METHOD TO REMOVE GERMS ON HANDS. IF SOAP AND WATER AREN'T AVAILABLE, ANOTHER WAY TO REDUCE GERMS ON HANDS IS TO USE AN ALCOHOL-BASED HAND SANITIZER THAT CONTAINS AT LEAST 60 PERCENT ALCOHOL. ALCOHOL-BASED HAND SANITIZERS CAN REDUCE THE NUMBER OF GERMS, BUT THEY DON'T ELIMINATE ALL TYPES OF GERMS.

WHAT'S THE RIGHT WAY TO WASH HANDS? THE CENTERS FOR DISEASE CONTROL AND PREVENTION LISTS THE FOLLOWING THE STEPS:

- WET HANDS WITH RUNNING WATER AND APPLY SOAP;
- RUB HANDS TOGETHER TO MAKE A LATHER AND SCRUB THEM WELL;
- CONTINUE RUBBING HANDS FOR AT LEAST 20 SECONDS;
- RINSE HANDS WELL; AND
- DRY HANDS USING A CLEAN TOWEL OR AIR DRY THEM.

HANDWASHING SHOULD ALWAYS BE DONE BEFORE PREPARING AND EATING FOOD, BEFORE AND AFTER TREATING A CUT OR WOUND, AND AFTER USING THE BATHROOM, CHANGING DIAPERS, TOUCHING

GARBAGE, PETTING AN ANIMAL AND BLOWING YOUR NOSE,
COUGHING OR SNEEZING. KEEPING HANDS CLEAN IS A GOOD WAY
TO AVOID GETTING SICK AND SPREADING GERMS TO OTHERS.

BENEFICIARIES WHO WANT TO LEARN MORE ON THE HOW-TO OF
HANDWASHING CAN VISIT [CDC.GOV/HANDWASHING](https://www.cdc.gov/handwashing).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT: ANNEMARIE FELICIO REPORTS ON HANDLING STRESS DURING
THE HOLIDAYS.

THE HOLIDAY SEASON CAN BE ESPECIALLY CHALLENGING FOR
MILITARY FAMILIES. MORE THAN MOST AMERICANS, FAMILIES OF
DEPLOYED SERVICE MEMBERS MAKE GREAT SACRIFICES AND FACE
UNCERTAINTIES THAT CAN REALLY HIT HOME DURING THE
HOLIDAYS. THE MOST IMPORTANT THING TO REMEMBER IS THAT
HELP IS AVAILABLE. COPING WITH STRESS OR DEPRESSION IS A
BATTLE NO ONE SHOULD FIGHT ALONE.

THERE ARE SEVERAL OPTIONS FOR ADDITIONAL ASSISTANCE IN MANAGING HOLIDAY STRESS INCLUDING MILITARY ONESOURCE. THEY OFFERS FACE-TO-FACE, TELEPHONE AND ONLINE SHORT-TERM, NON-MEDICAL COUNSELING SERVICES TO ACTIVE-DUTY, RESERVE AND NATIONAL GUARD MEMBERS, AND THEIR FAMILIES. MILITARY ONESOURCE COUNSELING SERVICES ARE DESIGNED TO PROVIDE HELP WITH SHORT-TERM ISSUES SUCH AS ADJUSTMENT TO SITUATIONAL STRESSORS, STRESS MANAGEMENT, GRIEF, AND PARENTING-SKILLS.

TRICARE ALSO COVERS A NUMBER OF SERVICES THAT CAN HELP ALLEVIATE HOLIDAY STRESS, STARTING WITH MEDICALLY OR PSYCHOLOGICALLY NECESSARY MENTAL HEALTH SERVICES THROUGH THE INSTILLATION MENTAL HEALTH CLINIC AND/OR THE LOCAL TRICARE NETWORK. NON-ACTIVE DUTY TRICARE PRIME BENEFICIARIES DO NOT NEED A REFERRAL OR PRE-AUTHORIZATION FOR THEIR FIRST EIGHT VISITS TO A TRICARE AUTHORIZED MENTAL HEALTH PROVIDER.

FOR MORE INFORMATION ON TRICARE MENTAL HEALTH PROGRAMS AND RESOURCES, VISIT TRICARE.MIL/MENTALHEALTH. FOR MORE INFORMATION ON MANAGING HOLIDAY STRESS SEE THE “PREPARING FOR THE HOLIDAYS” SECTION ON THE MILITARY ONESOURCE HOME PAGE AT MILITARYONESOURCE.MIL.

FOR TRICARE MANAGEMENT ACTIVITY, I’M ANNEMARIE FELICIO.

WOMAN CAN DEVELOP CERVICAL CANCER BECAUSE OF HUMAN PAPILOMAVIRUS OR HPV, BUT THERE IS A VACCINE TO PREVENT IT.

YOU MAY HAVE HEARD ABOUT HPV BEFORE, BUT HOW DOES IT ACTUALLY CAUSE CANCER?

HPV CAN CAUSE SOME CELLS IN THE CERVIX TO CHANGE. MOST HPV INFECTIONS CLEAR UP, BUT IN SOME CASES, THEY DO NOT. WHEN AN INFECTION DOES NOT CLEAR UP, THE HPV-INFECTED CELLS CAN BECOME PRE-CANCEROUS. IF THEY ARE NOT FOUND EARLY

ENOUGH, THE INFECTED CELLS CAN TURN INTO INVASIVE CANCER OF THE CERVIX. IT IS IMPORTANT TO GET REGULAR PAP SMEARS, WHICH CAN DETECT HPV INFECTION IN ITS EARLY, TREATABLE STAGES.

TRICARE RECOMMENDS THE FOLLOWING TO HELP PREVENT HPV:

- GET VACCINATED—GIRLS AND WOMEN AGES 11–26 YEARS OLD SHOULD RECEIVE THE HPV VACCINATION, BUT IT CAN BE GIVEN TO GIRLS AS YOUNG AS AGE 9. TRICARE COVERS ALL VACCINATIONS RECOMMENDED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION.
- GET REGULAR PAP SMEARS—THIS IS THE BEST WAY TO DETECT PRE-CANCEROUS CELLS BEFORE THEY DEVELOP INTO CANCER. TRICARE COVERS PAP SMEARS UNDER ITS CLINICAL PREVENTIVE SERVICES BENEFIT, SO YOU WILL NOT HAVE TO PAY ANYTHING OUT OF POCKET FOR THIS SCREENING.

MORE INFORMATION ABOUT TRICARE’S CLINICAL PREVENTIVE CARE COVERAGE CAN BE FOUND AT TRICARE.MIL/HEALTHYLIVING.

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

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