

TRICARE BENEFICIARY BULLETIN – DECEMBER 15, 2011 – 658 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 TRANSITIONAL HEALTH CARE OPTION.

WHEN SERVICE MEMBERS LEAVE ACTIVE DUTY, TRICARE OFFERS A TRANSITIONAL HEALTH CARE OPTION FOR ELIGIBLE BENEFICIARIES AND THEIR FAMILIES UNTIL THEY FIND NEW HEALTH COVERAGE.

THE TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM, OR TAMP, EXTENDS TRICARE ELIGIBILITY FOR SPONSORS AND THEIR FAMILY WHO INVOLUNTARILY SEPARATE FROM THE MILITARY

PRIOR TO RETIREMENT. SPONSORS AND THEIR FAMILY MEMBERS
MAY BE COVERED UNDER TAMP IF THE SPONSOR IS:

- INVOLUNTARILY SEPARATING FROM ACTIVE DUTY UNDER HONORABLE CONDITIONS;
- A MEMBER OF THE NATIONAL GUARD OR RESERVE SEPARATING FROM A PERIOD OF ACTIVE DUTY THAT WAS MORE THAN 30 CONSECUTIVE DAYS IN SUPPORT OF A CONTINGENCY OPERATION;
- SEPARATING FROM ACTIVE DUTY FOLLOWING INVOLUNTARY RETENTION IN SUPPORT OF A CONTINGENCY OPERATION;
- SEPARATING FROM ACTIVE DUTY FOLLOWING A VOLUNTARY AGREEMENT TO STAY ON ACTIVE DUTY FOR LESS THAN ONE YEAR IN SUPPORT OF A CONTINGENCY OPERATION;
- SEPARATING FROM ACTIVE DUTY WITH AN AGREEMENT TO BECOME A MEMBER OF THE SELECTED RESERVE OF THE READY RESERVE OF A RESERVE COMPONENT WITHOUT A BREAK IN SERVICE; OR
- SEPARATING FROM ACTIVE DUTY DUE TO SOLE SURVIVORSHIP DISCHARGE.

SPONSORS ARE NOT ELIGIBLE FOR TAMP WHILE ON TERMINAL LEAVE, PERMISSIVE TEMPORARY DUTY OR AUTHORIZED EXCESS LEAVE.

IF A BENEFICIARY QUALIFIES, THE 180-DAY TAMP PERIOD BEGINS THE DAY AFTER THE DATE OF SEPARATION FROM ACTIVE DUTY. UNDER TAMP, THE BENEFICIARY AND FAMILY MEMBERS ARE AUTOMATICALLY COVERED UNDER TRICARE STANDARD AND TRICARE EXTRA. IF A BENEFICIARY LIVES OVERSEAS, HE OR SHE IS COVERED UNDER TRICARE OVERSEAS PROGRAM STANDARD.

TO LEARN MORE ABOUT TAMP AND ENROLLMENT OPTIONS, GO TO TRICARE.MIL/TAMP.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NEXT: LORRAINE CWIEKA REPORTS ON STAYING HEALTHY AND REDUCING STRESS THIS HOLIDAY SEASON.

DURING THE HOLIDAY SEASON FOOD IS IN ABUNDANCE. FROM SUCCULENT MEATS TO TASTY SWEETS, THERE IS PLENTY TO SATISFY ANY APPETITE. HOWEVER, WHAT AND WHEN TO EAT IS CRITICAL TO ENJOYING A HEALTHY HOLIDAY. STRESS WEAKENS THE IMMUNE SYSTEM, REDUCING THE BODIES' ABILITY TO FIGHT COLDS, INFECTIONS AND OTHER DISEASE. A HEALTHY DIET HELPS PEOPLE MAINTAIN FOCUS AND WARD OFF COLDS AND THE FLU.

HERE ARE A FEW TIPS ON HOW TO REDUCE STRESS LEVELS THROUGH YOUR DIET:

- EAT PLENTY OF FRUITS, VEGETABLES AND WHOLE GRAINS EVERYDAY. THE NUTRIENTS IN THESE FOODS CAN REALLY BOOST YOUR IMMUNE SYSTEM DURING THIS SEASON.
- EXERCISE AS OFTEN AS YOU CAN! WALKING AS LITTLE AS 15 MINUTES A DAY CAN RELIEVE SOME STRESS.
- DON'T SKIP MEALS. HUNGER AND LOW BLOOD SUGAR CAN LEAD TO OVEREATING. IT ALSO REDUCES YOUR ENERGY NEEDED TO HELP DEAL WITH STRESS.
- AND DON'T FORGET TO EAT A HEALTHY BREAKFAST! START THE DAY FOCUSED AND ENERGIZED WITH A VARIETY OF FRESH

FRUIT, WHOLE GRAINS AND LEAN PROTEINS SUCH AS YOGURT,
LOW FAT MILK OR SOY MILK.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

WHEN MOVING OR MAKING A PERMANENT CHANGE OF STATION, IT IS ALWAYS **YOUR** RESPONSIBILITY TO REQUEST A COPY OF YOUR MEDICAL RECORDS BE SENT TO YOUR NEW HEALTH CARE PROVIDER OR MILITARY TREATMENT FACILITY. TRANSFERRING YOUR MEDICAL RECORDS TO YOUR NEW LOCATION WILL ASSIST YOUR NEW PROVIDER IN MANY ASPECTS OF YOUR CARE, APPROPRIATE TO YOUR SPECIFIC MEDICAL HISTORY AND NEEDS.

THE MOST IMPORTANT THING TO REMEMBER ABOUT TRANSFERRING YOUR MEDICAL RECORDS IS TO PLAN AHEAD. ALL REQUESTS FOR RECORDS MUST BE DONE IN WRITING. IF YOU REQUEST RECORDS FOR FAMILY MEMBERS OVER 18, EACH PATIENT WILL HAVE TO COMPLETE A RELEASE FORM. GENERALLY, YOU SHOULD REQUEST YOUR MEDICAL RECORDS AT LEAST 30 DAYS IN ADVANCE. TALK TO

YOUR PRIMARY CARE MANAGER OR CHECK WITH YOUR MEDICAL RECORDS CUSTODIAN OR OTHER MEDICAL RECORD AUTHORITY AT YOUR MTF TO DETERMINE ITS POLICY AND ASK WHAT STEPS YOU NEED TO TAKE TO TRANSFER YOUR RECORDS TO YOUR NEW LOCATION.

RECORDS FROM A CIVILIAN PROVIDER CAN BE FORWARDED DIRECTLY TO YOUR NEW PROVIDER OR MTF OR GIVEN DIRECTLY TO YOU. ALSO REMEMBER TO CONTACT ANY SPECIALTY CARE PROVIDERS YOU OR YOUR FAMILY MEMBERS HAVE VISITED TO ASK ABOUT TRANSFERRING RECORDS.

AND FINALLY, WHEREVER YOU ARE MOVING, ALWAYS UPDATE YOUR PERSONAL INFORMATION IN THE DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM.

VISIT TRICARE.MIL/MOVING FOR MORE INFORMATION!

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

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