

TRICARE BENEFICIARY BULLETIN – DECEMBER 22, 2011 – 643 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 GETTING FIT IN THE NEW YEAR!

THE NEW YEAR IS QUICKLY APPROACHING AND IT'S A PERFECT TIME FOR BENEFICIARIES TO START A REGULAR EXERCISE PROGRAM AND ENJOY THE BENEFITS OF BEING PHYSICALLY ACTIVE. TRICARE ENCOURAGES EVERYONE TO BE PROACTIVE WITH THEIR HEALTH STARTING THIS NEW YEAR.

PHYSICAL ACTIVITY IS IMPORTANT FOR PHYSICAL HEALTH AND WEIGHT MANAGEMENT AND CAN REDUCE THE RISK OF

CARDIOVASCULAR DISEASE, DIABETES AND OTHER DISEASES.

CONSISTENT PHYSICAL ACTIVITY IS HELPFUL IN WEIGHT LOSS AND
IN MAINTAINING A RECOMMENDED WEIGHT.

THE CENTERS FOR DISEASE CONTROL AND PREVENTION

RECOMMEND 30 MINUTES OF DAILY PHYSICAL ACTIVITY FOR

ADULTS AND 60 MINUTES FOR CHILDREN. EVERYDAY ACTIVITIES

PROVIDE OPPORTUNITIES FOR BEING MORE ACTIVE. VISIT THE CDC

HEALTHY LIVING WEB PAGE AT CDC.GOV/HEALTHYLIVING AND TRY

A FEW OF THESE SUGGESTIONS:

- WALK, CYCLE, JOG, OR SKATE TO WORK, SCHOOL, THE
STORE OR PLACE OF WORSHIP;
- PARK THE CAR FARTHER AWAY FROM YOUR DESTINATION;
- TAKE THE STAIRS INSTEAD OF THE ELEVATOR OR
ESCALATOR;
- USE LEG POWER BY TAKING SMALL TRIPS ON FOOT TO GET
THE BODY MOVING;

- TAKE FITNESS BREAKS BY WALKING OR DOING DESK EXERCISES INSTEAD OF TAKING CIGARETTE OR COFFEE BREAKS; OR
- PERFORM GARDENING OR HOME REPAIR ACTIVITIES.

TO LEARN MORE ABOUT HEALTHLY LIVING AND BENEFIT INFORMATION, VISIT TRICARE.MIL/HEALTHYLIVING.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT: ANNEMARIE FELICIO REPORTS ON WARDING OFF WHOOPING COUGH.

COMMON COLDS BRING RUNNY NOSES, FEVERS AND COUGHS. HOWEVER, WHEN THESE SYMPTOMS CONTINUE AND ARE FOLLOWED BY EXCESSIVE MUCUS BUILD-UP WITH EXTREME COUGHING EPISODES, IT'S A GOOD IDEA TO CONSIDER PERTUSSIS, ALSO KNOWN AS WHOOPING COUGH.

PERTUSSIS IS TRANSMITTED FROM PERSON TO PERSON BY COUGHING OR SNEEZING WHILE IN CLOSE CONTACT WITH OTHERS. IT INITIALLY RESEMBLES AN ORDINARY COLD, BUT AFTER ONE TO TWO WEEKS, A SEVERE AND OFTEN UNCONTROLLABLE COUGH BEGINS. INFANTS AND YOUNG CHILDREN CAN COUGH VIOLENTLY AND RAPIDLY MANY TIMES. WHEN THE AIR IS COMPLETELY GONE FROM THEIR LUNGS, THIS LEADS TO THE “WHOOPING” SOUND WHEN THEY INHALE. INFANTS ARE THE MOST SEVERELY AFFECTED, WITH MORE THAN HALF OF INFANTS UNDER 1 YEAR OF AGE WHO GET THE INFECTION REQUIRING HOSPITALIZATION.

MANY ADULTS OR ADOLESCENTS WHO GET PERTUSSIS DO NOT SHOW SEVERE SIGNS OR SYMPTOMS AND MAY NOT REALIZE THEY HAVE THE DISEASE. BECAUSE OF THIS, THEY CAN EASILY SPREAD PERTUSSIS TO YOUNG CHILDREN OR INFANTS.

THE BEST WAY TO PREVENT WHOOPING COUGH IS TO GET VACCINATED. IN THE U.S., THE RECOMMENDED PERTUSSIS VACCINE FOR CHILDREN IS DAPTACEL, OR DTAP. IT IS A SAFE VACCINE PROTECTING CHILDREN AGAINST THREE DISEASES: DIPHTHERIA,

TETANUS AND PERTUSSIS. TO FULLY PROTECT CHILDREN FROM THE WHOOPING COUGH, CHILDREN NEED FIVE DTAP SHOTS. THE FIRST THREE SHOTS ARE GIVEN AT 2, 4 AND 6 MONTHS OF AGE. THE FOURTH SHOT IS GIVEN BETWEEN 15 AND 18 MONTHS, AND A FIFTH SHOT IS GIVEN WHEN A CHILD ENTERS SCHOOL, AT 4-6 YEARS OLD.

TRICARE COVERS CDC-RECOMMENDED AGE-APPROPRIATE IMMUNIZATIONS FOR CHILDREN AND ADULTS. COVERAGE AND OUT-OF-POCKET COSTS MAY VARY ON ELIGIBILITY AND PROGRAM OPTION THE BENEFICIARY IS USING. BENEFICIARIES CAN GET THE VACCINE AT NO COST TO THEM AT MILITARY TREATMENT FACILITIES, AND THROUGH TRICARE-AUTHORIZED PROVIDERS AND PARTICIPATING NETWORK RETAIL PHARMACIES.

TO LEARN MORE ABOUT WHAT VACCINES ARE COVERED UNDER TRICARE, GO TO TRICARE.MIL/VACCINES.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

THE ARMED SERVICES BLOOD PROGRAM ENCOURAGES YOU TO DONATE BLOOD THIS HOLIDAY SEASON. IT IS NOT UNCOMMON FOR BLOOD DONATIONS TO DECREASE DURING THE HOLIDAY MONTHS WHILE THE DEMAND FOR BLOOD DOES NOT.

THE ARMED SERVICES BLOOD PROGRAM OPERATES OVER 20 BLOOD DONOR CENTERS WORLDWIDE, AND ALL OF THEM WILL BE HOSTING BLOOD DRIVES THROUGHOUT THE HOLIDAY SEASON IN AN EFFORT TO ENSURE THAT THE MILITARY COMMUNITY CONTINUES TO RECEIVE THE BLOOD THEY NEED.

WHETHER YOU DONATE REGULARLY OR ARE A FIRST TIME DONOR, MAKING AN APPOINTMENT IS EASY! THE ONLINE SCHEDULING SYSTEM SHOWS YOU UPCOMING DRIVES AND LETS YOU BOOK A DONATION APPOINTMENT THAT WORKS WITH YOUR SCHEDULE.

TO LEARN MORE ABOUT THE ARMED SERVICES BLOOD PROGRAM, FIND A BLOOD DONOR CENTER NEAR YOU, PLEASE VISIT MILITARYBLOOD.DOD.MIL.

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

TAIL MUSIC (:03)