

TRICARE BENEFICIARY BULLETIN – JANUARY 6, 2012 – 588 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 THAT TRICARE BENEFICIARIES ARE REASSURED OF ROBUST PHARMACY SERVICE.

THE EXPIRATION OF THE RETAIL PHARMACY CONTRACT BETWEEN EXPRESS SCRIPTS AND THE WALGREENS PHARMACY CHAIN MEANS WALGREENS IS NO LONGER A TRICARE PHARMACY NETWORK PROVIDER AS OF JANUARY 1, 2012.

IN ADDITION TO 56,000 NETWORK PHARMACIES, TRICARE BENEFICIARIES HAVE OTHER PHARMACY OPTIONS INCLUDING MILITARY PHARMACIES AT NO COST AND THE CONVENIENT

TRICARE PHARMACY HOME DELIVERY.

BENEFICIARIES WHO USE NON-NETWORK PHARMACIES, INCLUDING WALGREENS, PAY FULL PRESCRIPTION COSTS UPFRONT AND SUBMIT THEIR OWN CLAIMS FOR REIMBURSEMENT. REIMBURSEMENT WILL OCCUR ONLY AFTER THE NON-NETWORK DEDUCTIBLE IS MET. FOR MORE ON PHARMACY COSTS GO TO TRICARE.MIL/PHARMACYCOSTS.

TRICARE BENEFICIARIES CHANGING FROM WALGREENS PHARMACY CAN SIMPLY TAKE THEIR CURRENT PRESCRIPTION BOTTLE TO THEIR NEW NETWORK PHARMACY TO HAVE THE PRESCRIPTION TRANSFERRED. TO FIND A NEARBY NETWORK PHARMACY, USE THE “FIND A PHARMACY” FEATURE ON EXPRESS-SCRIPTS.COM/TRICARE. BENEFICIARIES WHO WANT HELP FINDING A PHARMACY, CHANGING THEIR MEDICATIONS TO HOME DELIVERY OR WHO HAVE OTHER QUESTIONS CAN CONTACT EXPRESS SCRIPTS AT 1-877-885-6313.

TRICARE PHARMACY INFORMATION AND UPDATES CAN BE FOUND AT TRICARE.MIL/PHARMACY.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NEXT: LORRAINE CWIEKA REPORTS ON THE LINK BETWEEN KIDNEY DISEASE AND HEART DISEASE.

OVER 7.1 MILLION ADULTS IN THE UNITED STATES HAVE BOTH KIDNEY AND HEART DISEASE. THIS IS LIKELY BECAUSE KIDNEY DISEASE AND HEART DISEASE SHARE MANY RISK FACTORS. TO MAINTAIN KIDNEY HEALTH, TRICARE BENEFICIARIES SHOULD BE AWARE OF THE RISK FACTORS, SYMPTOMS AND TREATMENT OPTIONS.

SIMILAR TO HEART DISEASE, DIABETES AND HIGH BLOOD PRESSURE ARE TWO OF THE MOST PROMINENT RISK FACTORS FOR KIDNEY DISEASE. BOTH CAN DAMAGE THE KIDNEYS AND LEAD TO KIDNEY DISEASE, WHICH IS OFTEN A CHRONIC CONDITION THAT GETS WORSE OVER TIME. IT CAN LEAD TO KIDNEY FAILURE, AT WHICH POINT, DIALYSIS OR A KIDNEY TRANSPLANT MAY BE NEEDED.

DIABETES AND HIGH BLOOD PRESSURE ARE NOT THE ONLY RISK FACTORS FOR KIDNEY DISEASE. YOU SHOULD CHECK WITH YOUR DOCTOR ABOUT GETTING TESTED FOR KIDNEY DISEASE IF YOU HAVE HEART DISEASE OR IF YOUR MOTHER, FATHER, SISTER OR BROTHER HAS HAD KIDNEY FAILURE.

EARLY KIDNEY DISEASE HAS NO SYMPTOMS. MANY PEOPLE WITH THE DISEASE FEEL FINE, EVEN UP TO THE POINT OF KIDNEY FAILURE. A BLOOD TEST AND A URINE TEST ARE USED TO CHECK FOR KIDNEY DISEASE.

PATHOLOGY AND LABORATORY SERVICES ARE COVERED UNDER TRICARE. VISIT TRICARE.MIL/COVEREDSERVICES FOR MORE INFORMATION.

OTHER THAN TESTING, YOU CAN TAKE A NUMBER OF PREVENTIVE MEASURES TO KEEP KIDNEYS HEALTHY, INCLUDING:

- KEEPING BLOOD PRESSURE BELOW 130/80;
- MAINTAINING A HEALTHY WEIGHT;

- BEING PHYSICALLY ACTIVE;
- LIMITING ALCOHOL, CAFFEINE AND DAILY SODIUM INTAKE;
- EATING HEALTHY BY CHOOSING FRUITS, VEGETABLES, GRAINS AND LOW-FAT DAIRY FOODS; AND
- TAKING ALL MEDICINES AS PRESCRIBED.

FOR MORE INFORMATION ON DIABETES, WEIGHT MANAGEMENT AND PHYSICAL ACTIVITY, PLEASE VISIT THE WEB SITE FOR THE NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES AT NIDDK.NIH.GOV.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

IF YOU ARE CURRENTLY PAYING QUARTERLY OR ANNUAL FEES FOR YOUR TRICARE PRIME PREMIUM, CONSIDER MAKING THE SWITCH TO AN AUTOMATED MONTHLY PAYMENT OF EITHER ALLOTMENT OR ELECTRONIC FUNDS TRANSFER OR EFT FROM YOUR CHECKING OR SAVINGS ACCOUNT.

THERE ARE SEVERAL ADVANTAGES TO SWITCHING TO AUTOMATIC PAYMENTS:

- WHEN YOU PAY MONTHLY, YOU HAVE LOWER OUT-OF-POCKET COSTS AT THE TIME OF EACH PAYMENT.
- THERE IS NO NEED TO PURCHASE STAMPS OR VISIT THE POST OFFICE, AND THERE IS NO EXPENSE ASSOCIATED WITH TAKING THE PAYMENT TO THE TRICARE SERVICE CENTER.
- IF YOU CHOOSE ALLOTMENT, YOU CAN MOVE FROM REGION TO REGION WITHOUT NEEDING TO REESTABLISH YOUR PAYMENT METHOD.
- SIGNING UP PREVENTS AN INTERRUPTION IN TRICARE PRIME COVERAGE CAUSED BY A DELAY IN RECEIVING OR PAYING THE QUARTERLY BILL.
- GOING PAPERLESS IS BOTH ENVIRONMENTALLY FRIENDLY AND ENERGY-EFFICIENT, AND HELPS LOWER TRICARE'S ADMINISTRATIVE COSTS!

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

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