

TRICARE BENEFICIARY BULLETIN – JANUARY 13, 2012 – 769 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 IMPORTANCE OF THE HPV VACCINE IN THE FIGHT AGAINST CERVICAL CANCER.

JANUARY IS CERVICAL CANCER AWARENESS MONTH AND TRICARE WANTS FEMALE BENEFICIARIES TO KNOW THAT THE HPV VACCINE CAN PROTECT THEM FROM THE TYPES OF HPV THAT CAUSE MOST CERVICAL CANCERS.

IN A RECENT STUDY PUBLISHED IN THE *LANCET* MEDICAL JOURNAL, SCIENTISTS IDENTIFIED THE EIGHT HUMAN PAPILLOMAVIRUS (HPV) TYPES RESPONSIBLE FOR MORE THAN 90 PERCENT OF CERVICAL

CANCER CASES WORLDWIDE. CURRENTLY, CERVARIX AND GARDASIL VACCINES ARE LICENSED BY THE FOOD AND DRUG ADMINISTRATION (FDA) AND RECOMMENDED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) TO PROTECT FEMALES AGAINST THE TYPES OF HPV THAT CAUSE MOST CERVICAL CANCERS. TRICARE COVERS BOTH VACCINES.

HPV IS A VIRAL INFECTION SPREAD THROUGH SEXUAL CONTACT. IT IS A GROUP OF MORE THAN 100 DIFFERENT VIRUSES, WITH AT LEAST 30 STRAINS KNOWN TO CAUSE DIFFERENT TYPES OF CANCERS OF THE CERVIX, VAGINA AND VULVA. OTHER TYPES COULD CAUSE GENITAL WARTS IN BOTH MALES AND FEMALES.

THE FDA RECOMMENDS THAT ALL GIRLS WHO ARE 11 OR 12 YEARS OLD RECEIVE THE FULL SERIES OF EITHER BRAND OF HPV VACCINE TO PROTECT AGAINST CERVICAL CANCER AND PRECANCEROUS ABNORMALITIES. GARDASIL ALSO PROTECTS AGAINST TWO ADDITIONAL TYPES OF HPV THAT MAY CAUSE MOST GENITAL WARTS. GIRLS AND YOUNG WOMEN AGES 13 THROUGH 26 WHO HAVE NOT STARTED OR FINISHED THE VACCINE SERIES SHOULD

RECEIVE ALL MISSING DOSES FOR THE GREATEST PROTECTION.

INTERESTED BENEFICIARIES SHOULD SPEAK WITH THEIR  
HEALTHCARE PROVIDER TO LEARN MORE ABOUT THE HPV VACCINE  
AND HOW IT MAY PROTECT THEM AND THEIR CHILDREN. FOR MORE  
INFORMATION ON HPV VACCINES, VISIT  
[WWW.CDC.GOV/HPV/VACCINE.HTML](http://WWW.CDC.GOV/HPV/VACCINE.HTML).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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THERE ARE SEVERAL HEALTH CARE OPTIONS AVAILABLE TO  
NATIONAL GUARD AND RESERVE MEMBERS AND THEIR FAMILIES,  
BUT THEIR ELIGIBILITY FOR IS DETERMINED BY THE SPONSOR'S  
STATUS.

WHILE ACTIVATED UNDER FEDERAL ORDERS FOR MORE THAN 30  
CONSECUTIVE DAYS, NATIONAL GUARD AND RESERVE MEMBERS  
AND THEIR FAMILIES ARE ELIGIBLE FOR THE SAME HEALTH CARE  
BENEFITS AS OTHER ACTIVE DUTY SERVICE MEMBERS.

WHEN NOT ON ACTIVE DUTY, NATIONAL GUARD AND RESERVE MEMBERS AND THEIR FAMILIES MAY QUALIFY FOR THE TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM, TRICARE RESERVE SELECT, OR THE CONTINUED HEALTH CARE BENEFIT PROGRAM.

THE TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM OR TAMP PROVIDES TEMPORARY HEALTH CARE COVERAGE TO NATIONAL GUARD AND RESERVE MEMBERS AND THEIR FAMILIES. TAMP PROVIDES COVERAGE FOR 180 DAYS BEGINNING THE DAY AFTER THE SPONSOR SEPARATES FROM ACTIVE DUTY. TO BECOME ELIGIBLE, NATIONAL GUARD AND RESERVE MEMBERS MUST HAVE SEPARATED FROM A PERIOD OF ACTIVE DUTY THAT WAS MORE THAN 30 CONSECUTIVE DAYS IN SUPPORT OF A NAMED CONTINGENCY OPERATION. LEARN MORE ABOUT TAMP AT [WWW.TRICARE.MIL/TAMP](http://WWW.TRICARE.MIL/TAMP).

TRICARE RESERVE SELECT OR TRS IS A PREMIUM-BASED HEALTH PLAN AVAILABLE WORLDWIDE TO SELECTED RESERVE MEMBERS OF THE READY RESERVE AND THEIR FAMILIES WHO ARE NOT ELIGIBLE

FOR OR ENROLLED IN THE FEDERAL EMPLOYEE HEALTH BENEFITS PROGRAM. TO LEARN MORE ABOUT TRS VISIT [WWW.TRICARE.MIL/TRS](http://WWW.TRICARE.MIL/TRS).

THE CONTINUED HEALTH CARE BENEFIT PROGRAM OR CHCBP IS A PREMIUM-BASED HEALTH CARE PROGRAM ADMINISTERED BY HUMANA MILITARY HEALTH CARE SERVICES, INC. CHCBP OFFERS TEMPORARY TRANSITIONAL HEALTH COVERAGE FOR 18-36 MONTHS AFTER TRICARE ELIGIBILITY ENDS. IF YOU QUALIFY, YOU CAN PURCHASE CHCBP WITHIN 60 DAYS OF LOSS OF ELIGIBILITY FOR EITHER REGULAR TRICARE OR TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM (TAMP) COVERAGE. LEARN MORE ABOUT CHCBP AT [WWW.TRICARE.MIL/CHCBP](http://WWW.TRICARE.MIL/CHCBP).

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FINALLY: ANNEMARIE FELICIO REPORTS ON THE IMPORTANCE OF GETTING YOUR FLU SHOT.

WITH THE FLU SEASON UPON US, IT'S GOOD TO KNOW ITS EASY FOR TRICARE BENEFICIARIES TO GET THE SEASONAL FLU VACCINE.

THE FLU VACCINE MAY BE OBTAINED AT NO COST FROM ANY MILITARY TREATMENT FACILITY OR MTF OR AT A PARTICIPATING TRICARE RETAIL NETWORK PHARMACY. TO FIND A PARTICIPATING PHARMACY, GO TO:

[WWW.EXPRESS-SCRIPTS.COM/TRICARE/PHARMACY](http://WWW.EXPRESS-SCRIPTS.COM/TRICARE/PHARMACY), OR CALL 1-877-363-1303. BENEFICIARIES WHO GET THE VACCINE AT A PHYSICIAN'S OFFICE MAY HAVE A COPAYMENT OR COST SHARES FOR THE OFFICE VISIT OR OTHER SERVICES RECEIVED.

ACTIVE DUTY SERVICE MEMBERS AND MEMBERS OF THE NATIONAL GUARD AND RESERVES ARE REQUIRED TO GET THE FLU SHOT EVERY YEAR AND KEEP THEIR IMMUNIZATIONS UP TO DATE. ACTIVE DUTY SERVICE MEMBERS HAVE PRIORITY FOR RECEIVING THE SHOT AT MTFS OR MAY USE A NETWORK PHARMACY, PROVIDED THEY FOLLOW THEIR SERVICE'S POLICY AND GET PROPER DOCUMENTATION.

FOR MORE INFORMATION ABOUT TRICARE'S COVERAGE OF THE FLU VACCINE, GO TO [WWW.TRICARE.MIL/FLUSHOT](http://WWW.TRICARE.MIL/FLUSHOT).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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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)