

TRICARE BENEFICIARY BULLETIN – JANUARY 20, 2012 – 675 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 TRICARE'S COVERGE OF WEIGHT LOSS SURGERY.

FOR THOSE WHO HAVE TRIED TO LOSE WEIGHT BUT ARE STILL STRUGGLING TO LOSE POUNDS BY COUNTING CALORIES, EATING A HEALTHY DIET AND EXERCISING REGULARLY, SURGERY MIGHT BE AN OPTION. BARIATRIC SURGERY IS ONE OPTION FOR THE TREATMENT OF MORBID OBESITY, BUT THE SURGERY IS NOT FOR EVERYONE.

BARIATRIC SURGERIES CHANGE THE DIGESTIVE SYSTEM, LIMITING A

PERSON'S FOOD INTAKE. SURGERY CAN HELP IN THE WEIGHT LOSS PROCESS, AND A LOWER WEIGHT CAN LOWER THE RISK OF MEDICAL PROBLEMS ASSOCIATED WITH OBESITY.

TRICARE COVERS BARIATRIC SURGERY BUT IT IS LIMITED AND DETERMINED BY CERTAIN PATIENT CRITERIA, INCLUDING BODY MASS INDEX. THE PATIENT MUST ALSO HAVE COMPLETED GROWTH AND HAVE DOCUMENTED EVIDENCE IN THEIR MEDICAL RECORD THAT THEY'VE BEEN UNSUCCESSFUL USING MEDICAL TREATMENT FOR WEIGHT LOSS.

FOR BENEFICIARIES WHO MEET THE MEDICAL CRITERIA, TRICARE MAY COVER THE FOLLOWING OPEN OR LAPAROSCOPIC SURGICAL PROCEDURE:

- ROUX-EN-Y GASTRIC BYPASS;
- VERTICAL BANDED GASTROPLASTY; OR
- ADJUSTABLE GASTRIC BANDING, OTHERWISE KNOW AS LAP-BAND.

BENEFICIARIES INTERESTED IN BARIATRIC SURGERY WILL GO THROUGH EXTENSIVE PHYSICAL AND PSYCHOLOGICAL SCREENING. HEALTH CARE PROVIDERS WILL RECOMMEND CHANGES IN EATING, DRINKING, EXERCISING AND STOPPING THE USE OF TOBACCO.

THE SUCCESS OF WEIGHT-LOSS SURGERY DEPENDS ON THE PATIENT'S COMMITMENT TO FOLLOW GUIDELINES ABOUT DIET AND EXERCISE. BENEFICIARIES SHOULD SPEAK WITH THEIR HEALTH CARE PROVIDER TO FIND OUT IF BARIATRIC SURGERY IS AN OPTION FOR THEM.

FOR MORE INFORMATION ON TRICARE'S COVERAGE OF BARIATRIC SURGERY, VISIT TRICARE.MIL/COVEREDSERVICES.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT: ANNEMARIE FELICIO REPORTS ON WAYS TO KEEP YOUR HEART HEALTHY.

NOW IS A GOOD TIME TO THINK ABOUT HOW TO BECOME HEALTHIER AND MORE ACTIVE! TAKING CARE OF YOUR HEART CAN CONTRIBUTE TO BETTER ALL AROUND HEALTH. THE AMERICAN HEART ASSOCIATION HAS SEVERAL TIPS TO HELP MAKE SURE YOUR HEART STAYS HEALTHY.

- STOP SMOKING. STUDIES SHOW THAT SMOKING IS ONE OF THE PRIMARY CAUSES OF CORONARY HEART DISEASE, WHICH CAN LEAD TO A HEART ATTACK.
- MANAGE YOUR BLOOD PRESSURE. HIGH BLOOD PRESSURE IS A LEADING RISK FACTOR FOR HEART DISEASE.
- EAT FOODS THAT ARE LOW IN SATURATED FAT, TRANS FAT, CHOLESTEROL AND SALT. EATING THESE FOODS REDUCES THE CHANCE OF FAT BUILDING UP IN YOUR ARTERIES, WHICH CAN LEAD TO A HEART ATTACK.
- BE PHYSICALLY ACTIVE. PEOPLE WHO EXERCISE REGULARLY ARE MORE LIKELY TO HAVE STRONGER HEARTS. IT'S NEVER TOO LATE TO BE MORE PHYSICALLY ACTIVE!

- MAINTAIN A HEALTHY WEIGHT. OVERWEIGHT AND OBESE PEOPLE ARE AT RISK FOR HIGH CHOLESTEROL, HIGH BLOOD PRESSURE AND INSULIN RESISTANCE.
- AND, TAKE MEDICATION AS PRESCRIBED. TAKING YOUR MEDICATION AS PRESCRIBED CAN HELP CONTROL HIGH BLOOD PRESSURE AND HIGH BLOOD SUGAR, WHICH ARE TWO RISK FACTORS THAT CAN LEAD TO HEART DISEASE. PEOPLE WHO FOLLOW THEIR DOCTOR'S DIRECTIONS ARE LESS LIKELY TO HAVE A SURPRISE EMERGENCY ROOM VISIT.

THIS YEAR, RESOLVE TO HAVE A HEALTHY HEART. HEART DISEASE PREVENTION CAN BE AS EASY AS AVOIDING TOBACCO, TAKING YOUR MEDICATION AS PRESCRIBED, BECOMING MORE ACTIVE AND CHOOSING GOOD NUTRITION.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

THE DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM OR DEERS, IS THE WORLDWIDE DATABASE FOR ALL SERVICE MEMBERS, THEIR FAMILY MEMBERS AND OTHERS WHO ARE ELIGIBLE FOR

MILITARY BENEFITS—INCLUDING TRICARE. THE DEFENSE DEPARTMENT USES THE INFORMATION STORED IN YOUR DEERS RECORD TO DETERMINE YOUR ELIGIBILITY FOR TRICARE BENEFITS AND PROGRAMS.

KEEPING YOUR DEERS INFORMATION ACCURATE WILL ENSURE YOU HAVE ACCESS TO TRICARE BENEFITS—INCLUDING DOCTORS’ APPOINTMENTS, MEDICATIONS AND REIMBURSEMENTS—WHEN YOU NEED THEM.

UNIFORMED SERVICE MEMBERS ARE CONSIDERED SPONSORS AND ARE AUTOMATICALLY REGISTERED IN DEERS. ONLY A SPONSOR OR SPONSOR-APPOINTED INDIVIDUAL WITH A VALID POWER OF ATTORNEY CAN ADD OR DELETE FAMILY MEMBERS. THESE UPDATES MUST BE MADE IN PERSON AT THE NEAREST ID CARD-ISSUING FACILITY.

WHEN THERE IS A CHANGE IN INFORMATION, EACH FAMILY MEMBER’S ELIGIBILITY RECORD MUST BE UPDATED SEPARATELY. YOU SHOULD UPDATE AND VERIFY YOUR DEERS INFORMATION

WHENEVER YOU EXPERIENCE ANY OF THE FOLLOWING LIFE
EVENTS:

- CHANGE IN SPONSOR'S STATUS;
- GETTING MARRIED OR DIVORCED;
- HAVING A BABY OR ADOPTING A CHILD;
- MOVING TO A NEW LOCATION, INCLUDING ANY OVERSEAS
LOCATION; OR
- DEATH OF SPONSOR OR FAMILY MEMBER.

CONTACT INFORMATION CAN BE UPDATED SEVERAL WAYS
INCLUDING ONLINE, IN PERSON, OR BY PHONE, FAX OR REGULAR
MAIL.

VISIT TRICARE.MIL/DEERS FOR ADDITIONAL INFORMATION.

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

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