

TRICARE BENEFICIARY BULLETIN –FEBRUARY 3, 2012 – 561 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 LORRAINE CWIEKA. (:10)

FIRST UP: ANNEMARIE FELICIO REPORTS ON A NEW DEFENSE DEPARTMENT WEBSITE FOR MILITARY CHILDREN.

THE DEFENSE DEPARTMENT LAUNCHED A NEW WEBSITE LAST MONTH FOR CHILDREN EXPERIENCING THE CHALLENGES OF MILITARY DEPLOYMENTS.

THE HIGHLY INTERACTIVE WEBSITE, MILITARYKIDSCONNECT.ORG, CREATED BY PSYCHOLOGISTS AT THE DOD'S NATIONAL CENTER FOR TELEHEALTH AND TECHNOLOGY, HELPS CHILDREN OF DEPLOYED PARENTS COPE WITH THE STRESS, CHANGING RESPONSIBILITIES, AND CONCERN FOR THE SAFETY OF THEIR PARENTS.

THE CENTER, KNOWN AS T2, DEVELOPED THE WEBSITE WITH INFORMATIVE VIDEOS, EDUCATIONAL TOOLS, AND ENGAGING GAMES AND ACTIVITIES FOR THREE AGE GROUPS: YOUTH, AGES 6 TO 8; TWEEN, AGES 9 TO 12; AND TEEN, AGES 13 TO 17. THE SITE FEATURES MONITORED ONLINE SOCIAL NETWORK FORUMS FOR THE GROUPS TO SAFELY SHARE THEIR EXPERIENCES WITH DEPLOYMENTS.

MILITARYKIDSCONNECT.ORG IS THE FIRST DOD WEBSITE TO CONNECT CHILDREN IN THE WIDELY-SEPARATED ACTIVE, RESERVE, AND NATIONAL GUARD MILITARY COMMUNITIES.

THE WEBSITE HAS FEATURES THAT WILL HELP CHILDREN, PARENTS, AND EDUCATORS NAVIGATE THE WIDE RANGE OF PRACTICAL AND EMOTIONAL CHALLENGES MILITARY FAMILIES MUST LIVE WITH THROUGHOUT THE DEPLOYMENT CYCLE.

THE NATIONAL CENTER FOR TELEHEALTH AND TECHNOLOGY, LOCATED AT JOINT BASE LEWIS-MCCHORD, WASHINGTON, SERVES AS THE PRIMARY DEFENSE DEPARTMENT OFFICE FOR CUTTING-EDGE

APPROACHES IN APPLYING TECHNOLOGY TO PSYCHOLOGICAL HEALTH. MORE INFORMATION ABOUT MILITARYKIDSCONNECT.ORG AND T2 IS AVAILABLE AT T2HEALTH.ORG.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

IT'S A FAMILIAR PROCESS THAT BEGINS MOST VISITS TO A HEALTH CARE PROVIDER — A NURSE OR TECHNICIAN TAKES YOUR BLOOD PRESSURE. IT ONLY TAKES A MINUTE TO MEASURE, BUT BLOOD PRESSURE IS AN IMPORTANT INDICATOR OF HEART HEALTH. SINCE THERE ARE OFTEN NO SIGNS OR SYMPTOMS OF HIGH BLOOD PRESSURE, IT SHOULD BE CHECKED REGULARLY BY A HEALTH CARE PROVIDER.

HIGH BLOOD PRESSURE INCREASES A PERSON'S RISK FOR HEART DISEASE AND STROKE, TWO LEADING CAUSES OF DEATH FOR MEN AND WOMEN IN THE UNITED STATES. HIGH BLOOD PRESSURE OR HYPERTENSION IS THE RESULT OF THE HEART WORKING TOO HARD TO PUMP BLOOD. OVER TIME THE HEART IS DAMAGED, ALONG WITH

THE ARTERIES. BLOOD PRESSURE CAN BE AFFECTED BY HEART RATE, HOW MUCH BLOOD IS IN THE BODY AND ANY BUILDUP IN THE ARTERIES.

BLOOD PRESSURE READINGS CONSIST OF TWO NUMBERS, THE SYSTOLIC AND DIASTOLIC LEVELS, WHICH DESCRIBE THE PRESSURE DURING AND IN BETWEEN HEART BEATS. SYSTOLIC IS THE TOP NUMBER AND DIASTOLIC IS THE BOTTOM NUMBER IN A BLOOD PRESSURE READING. A NORMAL BLOOD PRESSURE READING IS BELOW 120 OVER 80. PREHYPERTENSION IS A SYSTOLIC READING BETWEEN 120 AND 139 AND A DIASTOLIC READING BETWEEN 80 AND 89. BLOOD PRESSURE ABOVE 140 OVER 90 IS CALLED HYPERTENSION.

MAINTAINING A HEALTHY LIFESTYLE THROUGH REGULAR EXERCISE AND HEALTHY DIET, LOSING EXCESS WEIGHT, ABSTAINING FROM SMOKING AND LIMITING ALCOHOL CONSUMPTION CAN KEEP BLOOD PRESSURE WITHIN THE NORMAL RANGE. SOME PEOPLE MAY ALSO NEED PRESCRIPTION MEDICATION TO CONTROL THEIR HIGH BLOOD PRESSURE. PERIODIC BLOOD PRESSURE SCREENING IS ONE OF MANY

PREVENTIVE CARE SERVICES AVAILABLE TO TRICARE
BENEFICIARIES WITHOUT COST SHARES.

LEARN MORE ABOUT PREVENTIVE CARE SERVICES COVERED BY
TRICARE AT TRICARE.MIL/MYBENEFIT.

FINALLY: ANNEMARIE FELICIO REMINDS BENEFICIARIES ABOUT
TRICARE PHARMACY HOME DELIVERY!

IF YOU CURRENTLY FILL PRESCRIPTIONS FOR MAINTENANCE
MEDICATIONS AT RETAIL PHARMACIES, YOU CAN REDUCE YOUR
OUT-OF-POCKET COSTS BY SWITCHING TO TRICARE PHARMACY
HOME DELIVERY. AFTER MILITARY TREATMENT FACILITY
PHARMACIES, MAIL ORDER PRESCRIPTIONS ARE YOUR LEAST
EXPENSIVE OPTION, AND THEY OFFER THE CONVENIENCE OF HOME
DELIVERY. YOU CAN RECEIVE UP TO A 90-DAY SUPPLY OF GENERIC
MEDICATIONS FOR ZERO OUT-OF-POCKET COSTS.

FOR MORE INFORMATION, VISIT THE TRICARE PHARMACY PROGRAM
WEBSITE AT EXPRESS-SCRIPTS.COM/TRICARE. YOU CAN ALSO CALL

THE MEMBER CHOICE CENTER AT 1-877-363-1433 TO TRANSFER
EXISTING PRESCRIPTIONS TO HOME DELIVERY.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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

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