

TRICARE BENEFICIARY BULLETIN –FEBRUARY 10, 2012 – 602 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 PROTECTING YOUR MEDICAL RECORDS.

TRICARE TAKES THE RESPONSIBILITY OF YOUR MEDICAL RECORDS SERIOUSLY, REALIZING THAT THE ACCURACY AND CONFIDENTIALITY OF MEDICAL RECORDS IS PARAMOUNT TO QUALITY HEALTH CARE. YOUR MEDICAL RECORDS MAY BE PAPER RECORDS STORED AT A MILITARY TREATMENT FACILITY, A TRICARE-AUTHORIZED OR U.S. FAMILY HEALTH PLAN PROVIDER'S OFFICE OR THEY MAY BE ELECTRONIC RECORDS STORED IN THE MILITARY HEALTH SYSTEM'S DATABASE.

IN EITHER CASE, HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED IS REGULATED BY TRICARE POLICY AND HEALTH INSURANCE PORTABILITY AND ACCOUNTABILITY ACT REQUIREMENTS.

EACH MILITARY TREATMENT FACILITY HAS A DESIGNATED PRIVACY OFFICER IN PLACE TO ANSWER QUESTIONS YOU MAY HAVE ABOUT HIPAA RULES AND ENSURE HEALTH CARE INFORMATION REMAINS PRIVATE, BUT AVAILABLE TO YOU AND YOUR PROVIDER. TRICARE MANAGEMENT ACTIVITY ALSO HAS A PRIVACY OFFICE YOU CAN CONTACT FOR INFORMATION OR ASSISTANCE. IN ADDITION, YOUR REGIONAL CONTRACTOR HAS VALUABLE INFORMATION ABOUT PRIVACY ON ITS WEBSITE.

IF YOU THINK YOUR PRIVACY RIGHTS HAVE BEEN VIOLATED, YOU MAY SUBMIT A WRITTEN COMPLAINT TO YOUR MILITARY TREATMENT FACILITY OR THE TMA PRIVACY OFFICER. VISIT [TRICARE.MIL/RECORDSANDPRIVACY](http://TRICARE.MIL/RECORDSANDPRIVACY) FOR MORE INFORMATION.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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CALCIUM IS NECESSARY FOR THE DEVELOPMENT OF STRONG BONES AND HEALTHY TEETH, ESPECIALLY IN CHILDREN. FOR ADULTS, EATING CALCIUM-RICH FOODS ALSO HELPS PREVENT OSTEOPOROSIS. DRINKING MILK REGULARLY CAN HELP MOST PEOPLE EASILY MEET THEIR DAILY CALCIUM NEEDS, AND THERE ARE OTHER SOURCES OF CALCIUM AVAILABLE.

ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, SOME GOOD SOURCES OF CALICIUM INCLUDE:

- DAIRY PRODUCTS SUCH AS LOW FAT OR NONFAT MILK, CHEESE, AND YOGURT;
- DARK GREEN LEAFY VEGETABLES INCLUDING BOK CHOY AND BROCCOLI;
- CALCIUM FORTIFIED FOODS SUCH AS ORANGE JUICE, CEREAL, BREAD, SOY BEVERAGES, AND TOFU PRODUCTS; AND
- NUTS.

IN GENERAL, CHILDREN AGES 4–8 NEED ABOUT 800 MG OF CALCIUM OR THREE EIGHT-OUNCE GLASSES OF MILK DAILY. CHILDREN AND TEENS AGES 9–18 NEED ABOUT 1,300 MG, OR FOUR GLASSES OF MILK PER DAY, AND ADULTS NEED ABOUT 1,000 MG OF CALCIUM, OR THREE TO FOUR GLASSES DAILY. TALK TO YOUR DOCTOR AND YOUR CHILD’S PEDIATRICIAN TO ENSURE THAT YOU AND YOUR CHILD ARE RECEIVING ENOUGH CALCIUM.

CAFFEINE, ALCOHOL AND TOBACCO CAN CAUSE YOU TO LOSE CALCIUM. AVOIDING THESE ITEMS WILL ALSO HELP PREVENT TOOTH DECAY AND GUM PROBLEMS!

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FINALLY: ANNEMARIE FELICIO REPORTS ON HEALTHY SMILES FOR CHILDREN.

PRACTICING PROPER DENTAL HABITS WITH YOUR CHILDREN AT A YOUNG AGE WILL REINFORCE HEALTHY HABITS INTO ADULTHOOD. CHILDREN NEED HEALTHY TEETH TO HELP CHEW FOOD AND SPEAK CLEARLY.

WHEN PERMANENT TEETH APPEAR, CHILDREN SHOULD BEGIN FLOSSING EACH NIGHT BEFORE BED. THE AMERICAN DENTAL ASSOCIATION® RECOMMENDS VISITING THE DENTIST FOR CHECK-UPS AND CLEANINGS EVERY SIX MONTHS. PROPER BRUSHING AND FLOSSING AND LIMITING SUGARY FOODS WILL KEEP TEETH CLEAN AND HELP PREVENT CAVITIES.

ENCOURAGE YOUR CHILDREN TO WEAR A PROTECTIVE MOUTHGUARD WHILE PLAYING SPORTS; ATHLETIC MOUTHGUARDS ARE COVERED BY THE TRICARE DENTAL PROGRAM, BUT ARE LIMITED TO ONE PER CONSECUTIVE 12-MONTH PERIOD. TEACH YOUR CHILD WHAT TO DO IF HE OR SHE BREAKS OR LOSES A TOOTH. IF ACTION IS TAKEN QUICKLY, BROKEN OR DAMAGED TEETH CAN OFTEN BE SAVED. INFORMATION ON WHAT TO DO IN EMERGENCY DENTAL SITUATIONS IS AVAILABLE IN THE DENTAL HEALTH CENTER ON [TRICAREDENTALPROGRAM.COM](http://TRICAREDENTALPROGRAM.COM).

ALSO TAKE TIME TO TALK ABOUT A HEALTHY ORAL CARE ROUTINE WITH YOUR CHILDREN. PROMOTING GOOD ORAL CARE HABITS—BRUSHING, FLOSSING, AND REGULAR VISITS TO THE DENTIST—

WHILE CHILDREN ARE YOUNG CAN HELP THEM HAVE HEALTHY  
TEETH FOR LIFE. CHILDREN ENROLLED IN THE TRICARE DENTAL  
PROGRAM ARE COVERED FOR TWO ROUTINE DENTAL  
EXAMINATIONS PER CONSECUTIVE 12-MONTH PERIOD. IN CERTAIN  
CIRCUMSTANCES A THIRD ROUTINE EXAMINATION IS ALSO  
COVERED IF PROVIDED BY A DIFFERENT OFFICE.

VISIT [TRICAREDENTALPROGRAM.COM](http://TRICAREDENTALPROGRAM.COM) FOR MORE INFORMATION  
ABOUT CHILDREN'S DENTAL CARE OR TO FIND A DENTIST.

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)