

TRICARE BENEFICIARY BULLETIN –FEBRUARY 16, 2012 – 734 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 MANAGING YOUR HEALTH BY STARTING WITH YOUR HEART!

FEBRUARY IS AMERICAN HEART MONTH, AND NOW IS THE TIME FOR TRICARE BENEFICIARIES TO IMPROVE THEIR HEART-HEALTHY HABITS TO REDUCE THEIR RISK OF DEVELOPING HEART DISEASE.

PEOPLE OFTEN ASSUME HEART ATTACKS ARE SUDDEN AND INTENSE, BUT MANY START OUT WITH MILD PAIN OR DISCOMFORT. IT'S IMPORTANT TO KNOW THE SYMPTOMS AND SIGNS OF A HEART

ATTACK AND VITAL TO CALL 9-1-1 IMMEDIATELY IF SOMEONE IS HAVING A HEART ATTACK.

THE CENTERS FOR DISEASE CONTROL AND PRESENTION LIST FIVE MAJOR SYMPTOMS OF A HEART ATTACK:

- PAIN OR DISCOMFORT IN THE JAW, NECK OR BACK;
- FEELING WEAK, LIGHT-HEADED OR FAINT ;
- CHEST PAIN OR DISCOMFORT;
- PAIN OR DISCOMFORT IN ARMS OR SHOULDER; AND
- SHORTNESS OF BREATH.

THE NATIONAL INSTITUTES OF HEALTH RECOMMEND SIX KEY STEPS TO REDUCE THE RISK OF HEART ATTACK; QUIT SMOKING, LOWER BLOOD PRESSURE, CUT HIGH CHOLESTEROL, MANAGE DIABETES, AIM FOR A HEALTHY WEIGHT AND BE PHYSICALLY ACTIVE EVERY DAY.

TRICARE COVERS CLINICAL PREVENTIVE SCREENINGS FOR BENEFICIARIES CONCERNED WITH THEIR CHOLESTEROL LEVELS AND BLOOD PRESSURE. QUITTING SMOKING CAN BE A CHALLENGE,

BUT TRICARE PROVIDES THE NECESSARY ASSISTANCE TO BE SUCCESSFUL. VISIT [UCANQUIT2.ORG](http://UCANQUIT2.ORG) FOR MORE INFORMATION TODAY!

EATING HEALTHY IS ANOTHER A GOOD WAY TO IMPROVE HEART HEALTH. MEAL PLANNING SHOULD BEGIN WITH PORTION CONTROL, LIMITING SALT, CUTTING BACK ON ALCOHOL AND DECREASING FOODS HIGH IN SATURATED FAT AND CHOLESTEROL. BENEFICIARIES SHOULD TALK WITH THEIR PRIMARY CARE MANAGER ABOUT EXERCISE PROGRAMS AND NUTRITION PLANS TO ENSURE SUCCESS TOWARDS ADOPTING A HEALTHIER LIFESTYLE. MORE INFORMATION ON HEALTHY LIVING CAN BE FOUND AT [TRICARE.MIL/HEALTHYLIVING](http://TRICARE.MIL/HEALTHYLIVING).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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NEXT: ANNEMARIE FELICIO REPORTS ON A NEW CAMPAIGN AIMED AT IMPROVING TROOPS AND THEIR FAMILIES' HEALTH.

THE DEFENSE DEPARTMENT RECENTLY LAUNCHED A  
GROUNDBREAKING OBESITY AND NUTRITION AWARENESS  
CAMPAIGN AIMED AT IMPROVING THE HEALTH AND WELL-BEING OF  
TROOPS, RETIREES AND THEIR FAMILIES ACROSS THE SERVICES.

DR. JONATHAN WOODSON, ASSISTANT SECRETARY OF DEFENSE FOR  
HEALTH AFFAIRS AND TRICARE MANAGEMENT ACTIVITY DIRECTOR,  
JOINED FIRST LADY MICHELLE OBAMA AT LITTLE ROCK AIR FORCE  
BASE, ARK., TO UNVAIL THE CAMPAIGN, WHICH INVOLVES  
IMPROVING NUTRITION STANDARDS MILITARYWIDE FOR THE FIRST  
TIME IN 20 YEARS.

THE CAMPAIGN, DEVELOPED BY THE MILITARY HEALTH SYSTEM,  
RALLIES ALL OF THE SERVICES TO ENCOURAGE PEOPLE TO MAKE  
BETTER NUTRITIONAL CHOICES AND TO TAKE A MORE ACTIVE ROLE  
IN THEIR PERSONAL HEALTH.

THE MILITARY HEALTH SYSTEM'S CAMPAIGN CALLS ON THE SERVICES AND THE PENTAGON'S OFFICE OF MILITARY COMMUNITY AND FAMILY POLICY TO HELP IN ACHIEVING THE FOLLOWING:

- UPDATING MENU STANDARDS AT MILITARY DINING FACILITIES;
- ASSESSING THE NUTRITIONAL ENVIRONMENT OF MILITARY FACILITIES; AND
- ENSURING HEALTHIER FOODS ARE AVAILABLE IN DINING FACILITIES, DOD SCHOOLS AND OTHER PLACES WHERE TROOPS, RETIREES AND THEIR FAMILIES PURCHASE FOOD ON BASES, SUCH AS VENDING MACHINES AND SNACK BARS.

MILITARY CHILDREN WILL BE AN IMPORTANT FOCUS OF THIS CAMPAIGN. A VENDING MACHINE FILLED WITH SOFT DRINKS AND SWEETS IS AN ATTRACTIVE DRAW FOR CHILDREN. BUT IF THAT VENDING MACHINE NOW CONTAINS APPLES, BANANAS AND OTHER HEALTHY ITEMS, CHILDREN WILL MAKE DIFFERENT CHOICES.

THE CAMPAIGN ALSO WILL FOCUS EFFORTS ON MILITARY RETIREES, WHO WILL RECEIVE ENHANCED OBESITY-RELATED COUNSELING AND NUTRITIONAL INFORMATION.

VISIT [TRICARE.MIL/HEALTHYLIVING](http://TRICARE.MIL/HEALTHYLIVING) FOR TIPS, TOOLS AND INFORMATION ON HOW TO ACHIEVE A HEALTHIER LIFESTYLE.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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FINALLY, PEOPLE ASSUME POOR EYESIGHT IS A NATURAL PART OF GROWING OLD. IT IS TRUE THAT LOW VISION AND BLINDNESS INCREASE SIGNIFICANTLY IN PEOPLE OVER AGE 65, YET, AGE-RELATED EYE DISEASES, SUCH AS CATARACTS, CAN START DEVELOPING IN PEOPLE AS YOUNG AS 40.

MAINTAINING GOOD EYESIGHT IS IMPORTANT TO EVERYONE, REGARDLESS OF THEIR AGE. TRICARE ENCOURAGES ALL BENEFICIARIES WHO HAVE A SUDDEN CHANGE IN VISION TO SEE AN EYE PROFESSIONAL.

A CATARACT IS A CLOUDING OF THE EYE'S NATURALLY CLEAR LENS. THE EYE BECOMES LIKE A WINDOW THAT IS FROSTED OR YELLOWED. RISK FACTORS FOR CATARACTS INCLUDE FAMILY HISTORY, DIABETES, SMOKING, EXTENSIVE EXPOSURE TO SUNLIGHT, SERIOUS EYE INJURY OR INFLAMMATION AND PROLONGED USE OF STEROIDS.

ALL TRICARE BENEFICIARIES ARE COVERED FOR MEDICALLY NECESSARY EYE EXAMINATIONS RELATED TO THE MEDICAL OR SURGICAL TREATMENT OF A TRICARE-COVERED ILLNESS, SUCH AS CATARACTS OR EYE INJURY. TRICARE'S COVERAGE FOR EYE EXAMINATIONS WILL DIFFER DEPENDING ON WHO YOU ARE AND WHICH HEALTH PLAN OPTION YOU ARE USING. GENERALLY, TRICARE COVERS:

- ANNUAL ROUTINE EYE EXAMS FOR ACTIVE DUTY SERVICE MEMBERS AND ACTIVE DUTY FAMILY MEMBERS.
- COMPREHENSIVE EYE EXAMS EVERY TWO YEARS FOR BENEFICIARIES ENROLLED IN TRICARE PRIME

- COMPREHENSIVE EYE EXAM EVERY YEAR FOR DIABETIC PATIENTS ENROLLED IN TRICARE PRIME AND
- VISION EXAMS UNDER THE WELL-CHILD CARE BENEFIT.

FIND OUT MORE ABOUT TRICARE VISION BENEFITS AT  
TRICARE.MIL/COVEREDSERVICES.

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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)