

TRICARE BENEFICIARY BULLETIN – MARCH 2, 2012 – 728 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 NEW DENTAL BENEFITS COVERAGE FOR TAMP BENEFICIARIES.

BEGINNING JANUARY 27, 2012, NATIONAL GUARD AND RESERVE MEMBERS SEPARATING FROM ACTIVE DUTY AFTER AN ACTIVATION OF GREATER THAN 30 DAYS IN SUPPORT OF A CONTINGENCY OPERATION BEGAN RECEIVING THE SAME DENTAL CARE BENEFITS AS ACTIVE DUTY SERVICE MEMBERS. THE TRICARE ACTIVE DUTY DENTAL PROGRAM NOW PROVIDES COVERAGE TO THESE MEMBERS IN THE TRANSITION ASSISTANCE MANAGEMENT PROGRAM, OR TAMP.

ADDP BENEFICIARIES RECEIVE ACTIVE DUTY DENTAL BENEFIT SERVICES AS LONG AS THE REFERRAL AND/OR AUTHORIZATION REQUIREMENTS ARE MET PRIOR TO RECEIPT OF CARE.

AUTHORIZATIONS WILL NOT BE GRANTED FOR ANY DENTAL CARE PROCEDURE THAT CANNOT BE COMPLETED WITHIN THEIR 180-DAY MAXIMUM TAMP PERIOD.

TAMP PROVIDES 180 DAYS OF TRANSITIONAL HEALTH CARE BENEFITS TO HELP CERTAIN UNIFORMED SERVICES MEMBERS AND THEIR FAMILIES TRANSITION TO CIVILIAN LIFE. BENEFITS BEGIN THE DAY AFTER THE SERVICE MEMBER IS SEPARATED FROM ACTIVE DUTY. FAMILY MEMBERS AND DEPENDENTS ARE NOT ELIGIBLE FOR ADDP BENEFITS UNDER TAMP, BUT REMAIN ELIGIBLE TO PURCHASE COVERAGE THROUGH THE TRICARE DENTAL PROGRAM. SERVICE MEMBERS RECEIVING BENEFITS UNDER TAMP ARE INELIGIBLE FOR THE TDP UNTIL THE END OF THE 180-DAY TRANSITIONAL BENEFIT PERIOD.

MORE INFORMATION ABOUT TAMP CAN BE VIEWED AT

TRICARE.MIL/TAMP. AND FOR MORE INFORMATION ABOUT TRICARE'S DENTAL PLAN OPTIONS, VISIT TRICARE.MIL/DENTAL.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NEXT: LORRAINE CWIEKA REPORTS ON TRICARE'S OPTIONS FOR RETIREES LIVING OVERSEAS.

IF YOU ARE AN OVERSEAS-BASED UNIFORMED SERVICE RETIREE, YOU ENJOY MUCH MORE FLEXIBILITY IN CHOOSING PROVIDERS THAN TRICARE OVERSEAS PROGRAM, OR TOP, PRIME ENROLLEES, SINCE YOU DON'T HAVE A PRIMARY CARE MANAGER AND DON'T NEED SPECIALTY CARE REFERRALS.

MANY OVERSEAS HOST NATION PROVIDERS REQUIRE UP-FRONT PAYMENT FOR SERVICES, AND YOU USUALLY HAVE TO FILE YOUR OWN CLAIMS WHEN USING TOP STANDARD. CONTACT YOUR TRICARE OVERSEAS PROGRAM REGIONAL CALL CENTER TO GET HELP IN FINDING A HOST NATION NETWORK PROVIDER OR FILING A

TRICARE CLAIM. YOU CAN ALSO FIND A PROVIDER BY USING THE OVERSEAS ONLINE TRICARE PROVIDER DIRECTORY AT TRICARE-OVERSEAS.COM/PROVIDERSEARCH.

IF YOU LIVE IN THE PHILIPPINES, YOU MUST GET CARE FROM A TOP-CERTIFIED PROVIDER. YOU MAY FIND A CERTIFIED PROVIDER FROM THE PHILIPPINES CERTIFIED PROVIDER DIRECTORY OR BY GOING TO TRICARE.MIL AND USING THE PROFILE ON THE HOME PAGE.

REFERRALS ARE NOT NEEDED FOR TOP STANDARD, BUT YOU MUST GET PRIOR AUTHORIZATION FOR SOME SERVICES INCLUDING ADJUNCTIVE DENTAL SERVICES; HOME HEALTH SERVICES AND HOSPICE CARE WHICH ARE ONLY AVAILABLE IN U.S. TERRITORIES; NONEMERGENCY INPATIENT ADMISSIONS FOR SUBSTANCE USE DISORDERS OR BEHAVIORAL HEALTH CARE; AND TRANSPLANTS.

IF YOU BECOME MEDICARE-ELIGIBLE, BE AWARE THAT TRICARE FOR LIFE ACTS THE SAME AS STANDARD OVERSEAS EXCEPT IN U.S. TERRITORIES. ALTHOUGH MEDICARE SERVICES ARE ONLY AVAILABLE IN U.S. TERRITORIES OVERSEAS, YOU MUST STILL

ENROLL IN MEDICARE PART B AND PAY THE MONTHLY PART B PREMIUM TO BE ELIGIBLE FOR TRICARE FOR LIFE, REGARDLESS OF LOCATION.

UNIFORMED SERVICES RETIREES CANNOT ENROLL IN TOP PRIME. AT SOME OVERSEAS MILITARY TREATMENT FACILITIES, RETIREES CAN ENROLL IN TRICARE PLUS TO OBTAIN NO-COST, SPACE-AVAILABLE PRIMARY CARE IN THE FACILITY.

FOR MORE INFORMATION REGARDING TOP STANDARD AND TRICARE FOR LIFE IN OVERSEAS AREAS, VISIT TRICARE.MIL.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

GETTING FIT IS SOMETHING WE NEED TO THINK ABOUT EVERY DAY. FITNESS IS CRITICAL TO THE READINESS, MENTAL AND PHYSICAL HEALTH, AND PRODUCTIVITY OF OUR SERVICE MEMBERS, BUT IT'S JUST AS BENEFICIAL TO THOSE WHO AREN'T IN UNIFORM.

TODAY IS A PERFECT TIME FOR YOU AND YOUR FAMILY TO START A REGULAR EXERCISE PROGRAM AND EMBRACE THE BENEFITS OF BEING PHYSICALLY FIT. STAYING PHYSICALLY FIT CAN REDUCE YOUR RISK OF CARDIOVASCULAR DISEASE, DIABETES AND OTHER DISEASES, AND REGULAR ACTIVITY WILL HELP YOU LOSE AND MAINTAIN A HEALTHY WEIGHT.

BEFORE STARTING AN EXERCISE PROGRAM, BE SURE TO CHECK IN WITH YOUR PRIMARY CARE PROVIDER. YOUR PROVIDER WILL HELP DETERMINE THE RIGHT AMOUNT OF ACTIVITY FOR YOU BASED ON YOUR PERSONAL CONDITION.

THE CENTERS FOR DISEASE CONTROL AND PREVENTION RECOMMEND 30 MINUTES OF DAILY PHYSICAL ACTIVITY FOR ADULTS AND 60 MINUTES FOR CHILDREN. MANY EVERYDAY ACTIVITIES PROVIDE OPPORTUNITIES FOR BEING MORE ACTIVE. DAILY DOSES OF ACTIVITY INCLUDE WALKING, CYCLING OR SKATING TO WORK OR SCHOOL, PARKING THE CAR FURTHER FROM YOUR DESTINATION, TAKING STAIRS INSTEAD OF ELEVATORS AND

TAKING EXERCISE BREAKS INSTEAD OF CIGARETTE OR COFFEE
BREAKS.

YOU CAN LEARN MORE ABOUT HOW TO GET FIT AT
TRICARE.MIL/HEALTHYLIVING. ANOTHER GREAT RESOURCE IS THE
“LET’S MOVE” PROGRAM, LED BY FIRST LADY MICHELLE OBAMA
AND ENDORSED BY THE DEFENSE DEPARTMENT. THE FOCUS IS TO
HELP KIDS BE MORE ACTIVE, EAT BETTER AND GROW UP HEALTHY.
FOR MORE INFORMATION VISIT LETSMOVE.GOV.

REMEMBER, SOME PHYSICAL ACTIVITY IS BETTER THAN NONE!

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

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