

TRICARE BENEFICIARY BULLETIN – MARCH 8, 2012 – 662 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 SWINGING INTO SPRING WITH A NUTRITIOUS DIET!

MARCH IS THE BEGINNING OF A NEW SEASON, AND THE START OF NATIONAL NUTRITION MONTH. TRICARE BENEFICIARIES CAN SPRING INTO A HEALTHIER LIFE BY STARTING WITH A MORE NUTRITIOUS DIET TODAY.

A HEALTHY DIET SHOULD INCLUDE PLENTY OF FRUITS, VEGETABLES, WHOLE GRAINS, LOW-FAT MILK PRODUCTS, LEAN MEATS, POULTRY, FISH, BEANS, EGGS AND NUTS. AMERICANS

SHOULD ALSO CHOOSE FOODS WITH LOW SATURATED FATS, TRANS FATS, CHOLESTEROL, SALT AND ADDED SUGARS.

MANY FRUITS AND VEGETABLES CONTAIN VITAMINS, MINERALS AND FIBER THAT MAY HELP PREVENT THE DEVELOPMENT OF CHRONIC DISEASES INCLUDING STROKE, CARDIOVASCULAR DISEASE AND CANCER. THINK COLOR WHEN PICKING FRUITS AND VEGGIES TO ADD TO A DIET.

BALANCING FOOD CHOICES IS VITAL FOR THE BODY TO GET ALL ITS NEEDED NUTRIENTS AND SHOULD INCLUDE FIBER, POTASSIUM, AND VITAMINS A AND C. FIBER CAN HELP DECREASE THE RISK OF CORONARY ARTERY DISEASE. POTASSIUM HELPS KEEP BLOOD PRESSURE AT A HEALTHY LEVEL. VITAMIN A KEEPS EYES AND SKIN HEALTHY PLUS BOOSTS THE IMMUNE SYSTEM. VITAMIN C HELPS BONES, TEETH AND GUMS REMAIN HEALTHY AND AIDS IN THE HEALING PROCESS.

BENEFICIARIES LOOKING FOR A HEALTHY EATING PLAN CAN VISIT [MYPYRAMID.GOV](http://MYPYRAMID.GOV). THE SITE OFFERS INFORMATION ON HOW MANY

CALORIES ARE NEEDED DAILY, HOW MUCH FOOD EQUALS A PORTION AND HOW TO MAKE HEALTHY CHOICES IN EACH FOOD GROUP.

NUTRITION AND EXERCISE AFFECT THE OVERALL HEALTH FOR TODAY, TOMORROW AND THE FUTURE. EAT FEWER CALORIES, MAKE INFORMED FOOD CHOICES AND BE PHYSICALLY ACTIVE: THESE STEPS CAN HELP TRICARE BENEFICIARIES MAINTAIN A HEALTHY WEIGHT, REDUCE THE RISK OF CHRONIC DISEASE AND ACHIEVE OVERALL HEALTH.

FOR MORE INFORMATION ON HOW TO LIVE HEALTHY VISIT [TRICARE.MIL/HEALTHYLIVING](http://TRICARE.MIL/HEALTHYLIVING).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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NEXT: ANNEMARIE FELICIO REPORTS ON VACCINE COVERAGE AT PARTICIPATING TRICARE RETAIL NETWORK PHARMACIES.

TRICARE CONTINUES TO EXPAND THE NUMBER OF PREVENTIVE VACCINES COVERED AT RETAIL NETWORK PHARMACIES. AND BEST OF ALL, THERE ARE NO COPAYMENTS.

TRICARE COVERS AGE-APPROPRIATE VACCINES RECOMMENDED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION, INCLUDING THE HIGH-DEMAND SHINGLES VACCINE ZOSTAVAX. IN ADDITION TO COVERING VACCINES FOR SEASONAL FLU, H1N1 FLU AND PNEUMOCOCCAL VACCINES, THE EXPANDED PROGRAM ALSO COVERS IMMUNIZATIONS FOR MEASLES, MUMPS, SHINGLES AND MANY OTHER PREVENTABLE DISEASES.

THE NEXT TIME YOU NEED A VACCINATION, KEEP THE FOLLOWING THINGS IN MIND IF YOU WOULD LIKE TO VISIT A NETWORK PHARMACY:

- ALTHOUGH ALL 50 STATES AUTHORIZE PHARMACISTS TO ADMINISTER VACCINES, STATE LAWS VARY ON WHICH VACCINES MAY BE ADMINISTERED IN RETAIL PHARMACIES. YOU SHOULD CONTACT YOUR PHARMACIST FOR MORE INFORMATION.

- THERE IS NO COPAYMENT FOR COVERED VACCINES ADMINISTERED AT A PARTICIPATING NETWORK PHARMACY.
- THE SHINGLES VACCINE ZOSTAVAX, ANTICIPATED TO BE IN HIGH DEMAND THROUGH RETAIL PHARMACIES, IS CURRENTLY IN LOW SUPPLY AND ON BACK ORDER FROM THE SUPPLIER. THE VACCINE IS COVERED FOR BENEFICIARIES AGE 60 AND OLDER. IF YOU WOULD LIKE TO RECEIVE THIS VACCINE, PLEASE CHECK WITH YOUR PHARMACY TO ASK IF IT IS IN STOCK.

FOR MORE INFORMATION, INCLUDING A NETWORK PHARMACY DIRECTORY AND A COMPLETE LIST OF VACCINATIONS THAT ARE NOW COVERED AT PHARMACIES, PLEASE VISIT [TRICARE.MIL/VACCINES](http://TRICARE.MIL/VACCINES).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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THERE ARE MANY THINGS YOU CAN DO TO KEEP YOUR MOUTH, TEETH AND GUMS HEALTHY. HERE ARE SOME KEY STEPS TO

HELP KEEP YOU SMILING AT YOUR BEST!

- **BRUSH AND FLOSS:** THE AMERICAN DENTAL ASSOCIATION RECOMMENDS BRUSHING TWICE EVERY DAY TO REMOVE PLAQUE FROM YOUR TEETH. USE A FLUORIDE TOOTHPASTE AND SOFT TOOTHBRUSH, AND DON'T FORGET TO BRUSH YOUR GUMS! YOU SHOULD ALSO CLEAN BETWEEN YOUR TEETH EVERY DAY USING DENTAL FLOSS. BE SURE TO FLOSS BETWEEN ALL OF YOUR TEETH, AS WELL AS BEHIND YOUR MOLARS TO GET RID OF TRAPPED FOOD.
- **EAT RIGHT:** EAT NUTRITIOUS FOODS AND LIMIT HOW MANY SWEETS YOU EAT TO HELP KEEP YOUR TEETH STRONG AND HEALTHY BY AVOIDING TOOTH DECAY. ALSO, DRINKING WATER INSTEAD OF SUGARY SOFT DRINKS OR JUICES WILL HELP AVOID PLAQUE BUILDUP.
- **AND VISIT YOUR DENTIST:** YOUR DENTIST CAN HELP YOU KEEP YOUR MOUTH HEALTHY WITH CLEANINGS, EXAMS, FLUORIDE TREATMENTS AND X-RAYS OF YOUR TEETH. YOUR DENTIST MAY EVEN USE SEALANTS ON YOUR TEETH, WHICH CAN HELP PROTECT THEM FROM CAVITIES.

FOR INFORMATION ABOUT DENTAL COVERAGE OPTIONS, VISIT  
TRICARE.MIL/DENTAL.

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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)