

TRICARE BENEFICIARY BULLETIN – MARCH 15, 2012 – 599 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 THE VALUE OF TRICARE.

TRICARE IS MORE THAN JUST SEEING THE DOCTOR WHEN YOU OR YOUR FAMILY IS SICK OR HURT. TRICARE PROVIDES FREE AND LOW-COST PREVENTIVE SERVICES SUCH AS CANCER SCREENINGS, WELL BABY CHECK-UPS AND IMMUNIZATIONS. IN JUST THE PAST YEAR TRICARE ADDED TO AND ENHANCED MANY BENEFITS TO BETTER MEET OUR BENEFICIARIES NEEDS.

ONE OF THE MANY INITIATIVES TO ENHANCE PATIENT EXPERIENCE WHILE MANAGING BOTH COSTS AND THOSE OF THE DEFENSE

DEPARTMENT IS THE TRICARE PHARMACY HOME DELIVERY PROGRAM. HOME DELIVERY OF YOUR MAINTENANCE PRESCRIPTIONS IS EASY, SAFE AND AFFORDABLE—SOME PRESCRIPTIONS ARE EVEN FREE! TO LEARN MORE ABOUT HOME DELIVERY—AND HOW EASY IT IS TO USE—VISIT TRICARE.MIL/HOMEDELIVERY.

ANOTHER ENHANCEMENT IN THE TRICARE PROGRAM TO HELP IMPROVE PATIENT HEALTH IS THE IMMUNIZATION PROGRAM. IN 2011, TRICARE MADE GETTING IMMUNIZATIONS FOR A WIDE RANGE OF DISEASES MORE CONVENIENT AND AFFORDABLE THAN EVER. MOST VACCINES ARE NOW AVAILABLE AT ANY ONE OF THE MORE THAN 45,000 PARTICIPATING TRICARE NETWORK PHARMACIES WITH NO OUT-OF-POCKET EXPENSE.

TRICARE IS ALSO FULLY COMPLIANT WITH THE REQUIREMENTS OF THE PATIENT PROTECTION AND AFFORDABLE CARE ACT. JUST LAST YEAR, TRICARE ADDED THE PREMIUM-BASED TRICARE YOUNG ADULT PROGRAM FOR DEPENDENTS UP TO THE AGE OF 26 WHO DON'T HAVE ACCESS TO OTHER HEALTH PLANS.

OTHER PREMIUM-BASED HEALTH PLANS LIKE TRICARE RESERVE SELECT, TRICARE RETIRED RESERVE AND THE TRICARE DENTAL PROGRAM PROVIDE ACCESS TO COVERED SERVICES FROM TRICARE-AUTHORIZED HEALTH CARE PROVIDERS WORLDWIDE. VISIT TRICARE.MIL/MYBENEFIT FOR MORE INFORMATION ON THEM.

BRINGING TRICARE BENEFICIARIES AROUND THE WORLD THE BEST POSSIBLE HEALTH CARE AT THE BEST POSSIBLE VALUE IS NOT ONLY OUR MISSION, BUT OUR COMMITMENT!

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

TRICARE MANAGEMENT ACTIVITY HAS EXTENDED THE ENHANCED ACCESS TO AUTISM SERVICES DEMONSTRATION THROUGH MARCH 2014. THIS DEMONSTRATION PROGRAM ALLOWS ELIGIBLE BENEFICIARIES TO RECEIVE APPLIED BEHAVIORAL ANALYSIS INTERVENTION SERVICES FROM BOARD CERTIFIED BEHAVIOR ANALYSTS AND PARAPROFESSIONALS UNDER THEIR SUPERVISION.

THE DEMONSTRATION IS PART OF THE EXTENDED CARE HEALTH OPTION, OR ECHO, WHICH PROVIDES APPROVED NON-MEDICAL SERVICES TO ACTIVE DUTY FAMILY MEMBERS WITH QUALIFYING CONDITIONS.

ABA IS A METHOD OF BEHAVIORAL CONDITIONING TO TEACH AND REINFORCE DESIRED BEHAVIOR WHILE ELIMINATING UNDESIRED BEHAVIORS. THIS TECHNIQUE HAS BEEN FOUND TO HELP TEACH CHILDREN WITH AUTISM SPECTRUM DISORDERS NEW SKILLS, AND IMPROVE THEIR COMMUNICATION ABILITIES.

IN A 2010 TRICARE HEALTH PROGRAM ANALYSIS AND EVALUATION DIVISION SURVEY, PARENTS WITH CHILDREN PARTICIPATING IN THE DEMONSTRATION EXPRESSED OVERALL SATISFACTION WITH THE QUALITY OF ABA SERVICES THEY RECEIVED.

LEARN MORE ABOUT ECHO AT TRICARE.MIL/ECHO AND THE TRICARE AUTISM SERVICES DEMONSTRATION AT TRICARE.MIL/AUTISMDEMO.

FINALLY: ANNEMARIE FELICIO REPORTS ON PROTECTING YOUR PERSONAL INFORMATION.

TRICARE IS COMMITTED TO HELPING YOU PROTECT YOUR PERSONAL INFORMATION. SOCIAL SECURITY NUMBERS, BIRTH DATES AND ADDRESSES ARE ALL EXAMPLES OF PERSONALLY IDENTIFIABLE INFORMATION THAT CAN BE USED TO STEAL AN IDENTITY TO COMMIT FRAUD. WHETHER IT'S ON THE PHONE OR OVER THE INTERNET, YOU SHOULD BE VERY CAREFUL WHEN ASKED TO DISCLOSE YOUR PERSONAL INFORMATION.

E-MAIL AND SOCIAL NETWORKS HAVE MADE IT EASIER FOR PREDATORS TO GET PERSONAL INFORMATION, BUT TELEPHONE "SCAMS" ARE STILL COMMONLY USED TO GET THIS INFORMATION.

BENEFICIARIES SHOULD KNOW THAT THE DEFENSE DEPARTMENT OFTEN CONTRACTS WITH MARKETING RESEARCH COMPANIES TO

GET FEEDBACK ABOUT YOUR HEALTH CARE EXPERIENCES. THESE TELEPHONE SURVEYS ARE VALUABLE EFFORTS TO MEASURE SATISFACTION WITH TRICARE, AS WELL AS IDENTIFY AREAS FOR IMPROVEMENT. HOWEVER, YOU SHOULD KNOW THAT THESE SURVEYORS WILL **NOT** ASK FOR SOCIAL SECURITY NUMBERS, BIRTH DATES OR ADDRESSES.

YOU CAN TAKE SIMPLE STEPS TO SAFEGUARD AGAINST IDENTITY THEFT INCLUDING:

- SHREDDING DOCUMENTS THAT CONTAIN PERSONALLY IDENTIFYING INFORMATION BEFORE THROWING THEM AWAY;
- CHECKING CREDIT CARD AND BANK STATEMENTS FOR MISTAKES; AND
- NOT RESPONDING TO SUSPICIOUS MESSAGES RECEIVED THROUGH E-MAIL OR SOCIAL NETWORKS.

FOR MORE INFORMATION ABOUT PROTECTING TRICARE PERSONAL INFORMATION, VISIT TRICARE.MIL/PII.

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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