

TRICARE BENEFICIARY BULLETIN – MARCH 23, 2012 – 614 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 TRICARE DENTAL PROGRAM ENROLLMENT UNDER METLIFE.

METLIFE IS NOW ACCEPTING NEW ENROLLMENT APPLICATIONS FOR THE TRICARE DENTAL PROGRAM! AS THE TRICARE DENTAL PROGRAM CONTRACTOR, METLIFE WILL PROVIDE DENTAL BENEFITS TO MORE THAN 2 MILLION ACTIVE DUTY FAMILY MEMBERS, SELECTED AND INDIVIDUAL READY RESERVISTS AND THEIR FAMILIES.

METLIFE WILL BEGIN PROVIDING DENTAL COVERAGE TO

BENEFICIARIES ON MAY 1, 2012. MOST CURRENT TDP ENROLLEES WON'T HAVE TO DO ANY PAPERWORK OR TAKE ANY ACTION DURING THE TRANSITION. ONLY TDP ENROLLEES USING AUTOMATIC PAYMENTS FROM THEIR CHECKING ACCOUNT OR CREDIT CARD TO PAY THEIR MONTHLY PREMIUMS NEED TO CONTACT METLIFE TO REAUTHORIZE THEIR PAYMENT. THESE ENROLLEES WILL RECEIVE CORRESPONDENCE FROM METLIFE ON OR NEAR MARCH 21, 2012 WITH FURTHER INSTRUCTIONS REGARDING PAYMENT REAUTHORIZATION.

TDP ENROLLEES WILL HAVE ACCESS TO METLIFE'S NETWORK OF MORE THAN 164,000 DENTIST LOCATIONS. THE TDP WILL HAVE A \$1,300 ANNUAL BENEFIT MAXIMUM AND A \$1,750 LIFETIME ORTHODONTIC MAXIMUM – BOTH INCREASES FROM THE PREVIOUS CONTRACT. IT ALSO OFFERS EXPANDED COVERAGE INCLUDING AN ADDITIONAL CLEANING FOR PREGNANT WOMEN, AND SURVIVOR BENEFITS FOR ELIGIBLE FAMILY MEMBERS.

FOR MORE INFORMATION OR TO ENROLL IN THE TDP GO TO TRICARE.MIL/TDP OR [HTTPS://MYBENEFITS.METLIFE.COM/TRICARE](https://MYBENEFITS.METLIFE.COM/TRICARE).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT: LORRAINE CWIEKA REPORTS ON THE IMPORTANCE OF TAKING YOUR MEDICATIONS AS PRESCRIBED.

AN ENDURING PROBLEM IN MODERN MEDICINE IS THAT MANY PATIENTS DO NOT TAKE THEIR MEDICATIONS AS DIRECTED BY THEIR DOCTOR. THIS IS KNOWN AS POOR "MEDICATION ADHERENCE."

IF YOU ARE TAKING MEDICATION FOR A SERIOUS CHRONIC CONDITION, MISSING A DOSE CAN CAUSE YOUR SYMPTOMS TO FLARE UP. WITH MULTIPLE MEDICATIONS, NOT FOLLOWING YOUR DOCTOR'S INSTRUCTIONS COULD LEAD TO DANGEROUS DRUG INTERACTIONS OR SIDE EFFECTS. EVEN OVER-THE-COUNTER MEDICINES HAVE RISK AS TAKING TOO MUCH CAN BE LIFE THREATENING.

THERE ARE MANY REASONS PEOPLE DON'T FOLLOW THEIR DOCTOR'S ORDERS ABOUT MEDICATION. IT CAN BE AS SIMPLE AS NOT UNDERSTANDING THE DIRECTIONS OR FORGETTING TO TAKE A PILL, OR AS SERIOUS AS INTENTIONALLY OVER-MEDICATING. ADDITIONALLY, PATIENTS MAY NOT UNDERSTAND THE CONSEQUENCES OF NOT FOLLOWING THEIR DOCTOR'S INSTRUCTIONS.

THERE ARE SIMPLE WAYS TO PRACTICE GOOD MEDICATION ADHERENCE. IT STARTS WITH PERSONAL RESPONSIBILITY. TALK TO YOUR DOCTOR AND PHARMACIST TO UNDERSTAND THE MEDICATIONS PRESCRIBED. WRITE DOWN THEIR INSTRUCTIONS AND ASK QUESTIONS IF YOU DON'T TOTALLY UNDERSTAND THEM. IF YOUR PHYSICIAN PRESCRIBES A BRAND NAME MEDICATION, ASK ABOUT A LESS EXPENSIVE GENERIC ALTERNATIVE AND CONSIDER USING LOW-COST TRICARE PHARMACY HOME DELIVERY FOR YOUR MAINTENANCE MEDICATIONS.

PUT YOURSELF IN THE BEST POSITION TO BE HEALTHY BY PRACTICING GOOD MEDICATION ADHERENCE. FIND MORE

INFORMATION ABOUT MANAGING YOUR MEDICATIONS BY VISITING
TRICARE.MIL/MANAGEYOURMEDS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

ALLERGY SEASON HAS RETURNED! TO FEND OFF THE ONSET OF
SNEEZING AND BLEARY EYES, TRICARE BENEFICIARIES SHOULD ACT
NOW TO PREVENT OR MINIMIZE THEIR SYMPTOMS. ONE OF THE
MOST COMMON SPRING ALLERGIES IS POLLEN, CAUSING
CONGESTION, ITCHY EYES, HEADACHE AND OTHER UNPLEASANT
SYMPTOMS. ONE STRATEGY TO PREVENT THESE SYMPTOMS IS TO
REDUCE EXPOSURE TO ALLERGY TRIGGERS AND CREATE A
MEDICATION PLAN **BEFORE** ALLERGY SEASON BEGINS.

TRICARE BENEFICIARIES WITH SEASONAL ALLERGIES SHOULDN'T
WAIT UNTIL THEIR SYMPTOMS ARE DEBILITATING TO START
TREATMENT. IF A MEDICATION HAS RELIEVED SEASONAL
ALLERGIES IN THE PAST, START USING IT AS SOON AS THE FIRST
SYMPTOMS APPEAR. THIS MAY PREVENT MORE SEVERE

DISCOMFORT LATER. BENEFICIARIES SHOULD CONSULT THEIR PRIMARY CARE PHYSICIAN TO DETERMINE THE BEST MEDICATIONS AND PROPER TIMING. THEY MAY ALSO GET REFERRED TO AN ALLERGY SPECIALIST WHO CAN ADMINISTER ALLERGY TESTS OR SPECIFIC COMPOUNDS TO TREAT SEVERE SYMPTOMS.

TRICARE COVERS PRESCRIPTION ALLERGY MEDICATIONS AND TESTING APPROVED BY THE FOOD AND DRUG ADMINISTRATION. TRICARE ALSO COVERS OVER-THE-COUNTER ALLERGY MEDICATIONS WITH THE ACTIVE INGREDIENTS CETIRIZINE AND LORATADINE AT NO OUT-OF-POCKET COST TO THE BENEFICIARY. ALTHOUGH THESE MEDICATIONS ARE AVAILABLE WITHOUT A PRESCRIPTION, BENEFICIARIES MUST GET A PRESCRIPTION FROM THE HEALTH CARE PROVIDER FOR TRICARE TO COVER THEIR COST.

BENEFICIARIES CAN GET MORE INFORMATION ON ALLERGY SERVICES TRICARE OFFERS AND HOW TO ARRANGE CARE BY VISITING TRICARE.MIL/ALLERGY.

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

TAIL MUSIC (:03)