

TRICARE BENEFICIARY BULLETIN – MARCH 30, 2012 – 653 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 THE DIABETES RISK TEST.

ONE OF THE MORE TROUBLING TRENDS IN THE STATE OF AMERICAN HEALTH TODAY IS 8 PERCENT OF THE POPULATION HAS DIABETES. BUT WHAT'S ALARMING IS THAT MORE THAN 25 PERCENT OF THOSE WHO HAVE DIABETES DO NOT KNOW THEY HAVE THE DISEASE. TRICARE ENCOURAGES BENEFICIARIES TO FIND OUT IF THEY ARE AT RISK FOR DEVELOPING TYPE 2 DIABETES AND LEARN HOW TO PREVENT IT.

PARTICIPANTS TAKING A DIABETES RISK TEST ANSWER QUESTIONS ABOUT THEIR WEIGHT, AGE, FAMILY HISTORY AND POTENTIAL RISK FACTORS. SOME RISK FACTORS INCLUDE A FAMILY HISTORY OF DIABETES, OBESITY, BEING A MEMBER OF CERTAIN RACIAL OR ETHNIC GROUPS, AGE, GESTATIONAL DIABETES AND LACK OF PHYSICAL ACTIVITY. EVERYONE WHO TAKES THE TEST RECEIVES TIPS ON PREVENTION, AND ANYONE CONSIDERED AT HIGH RISK IS ENCOURAGED TO TALK TO THEIR HEALTH CARE PROVIDER AS SOON AS POSSIBLE.

PREVENTION IS KEY TO AVOIDING TYPE 2 DIABETES. THOSE WHO ARE OVERWEIGHT CAN REDUCE THEIR RISK BY LOSING 5 TO 7 PERCENT OF THEIR BODY WEIGHT. MODERATE EXERCISE, LOW-FAT FOODS AND A REDUCTION IN CALORIES ALSO HELP LOWER THE CHANCES OF DEVELOPING TYPE 2 DIABETES.

IF DIAGNOSED EARLY, DIABETICS ARE ABLE TO BETTER CARE FOR THEMSELVES. HELP CHANGE THE TREND AND GET TESTED FOR TYPE 2 DIABETES. BENEFICIARIES WHO WANT TO TAKE THE RISK TEST AND LEARN MORE ABOUT DIABETES CAN VISIT DIABETES.ORG.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

ON MAY 1, 2012, METLIFE WILL TAKE OVER THE TRICARE DENTAL PROGRAM. METLIFE WILL PROVIDE A WORLDWIDE NETWORK OF DENTAL PROVIDERS AND IMPROVED BENEFITS. IN FACT, 85 PERCENT OF THE CURRENT TDP DENTISTS ARE ALREADY A PART OF METLIFE'S PROVIDER NETWORK.

TRICARE, METLIFE AND THE OUTGOING TDP CONTRACTOR, UNITED CONCORDIA, ARE WORKING TOGETHER TO MAKE THE CONTRACT SWITCH SEAMLESS FOR THE PROGRAM'S TWO MILLION ENROLLEES. THERE ARE NO NEW ENROLLMENT FORMS OR OTHER PAPERWORK NEEDED TO SWITCH OVER, ALTHOUGH NEW ENROLLMENT CARDS WILL BE PROVIDED BEGINNING APRIL, 2012.

ENROLLEES WHOSE MONTHLY PREMIUMS ARE AUTOMATICALLY DEDUCTED FROM THEIR PAYCHECKS WILL SEE A NEW, LOWER DEDUCTION ON THEIR APRIL LEAVE AND EARNINGS STATEMENT..

HOWEVER, THOSE WHO MAKE AUTOMATIC PAYMENTS FROM A CHECKING ACCOUNT OR CREDIT CARD, WILL NEED TO CONTACT METLIFE TO REAUTHORIZE PAYMENT.

WITH THE NEW THE CONTRACT, THERE ARE SEVERAL ENHANCEMENTS TO TDP BENEFITS. THESE INCLUDE:

- LOWER MONTHLY PREMIUMS IN THE FIRST YEAR;
- ACCESS TO THE METLIFE NETWORK OF MORE THAN 161,000 DENTAL OFFICES;
- INCREASED ANNUAL BENEFIT MAXIMUM;
- INCREASED LIFETIME ORTHODONTIC MAXIMUM EXPANDED COVERAGE, INCLUDING TOOTH COLORED OR WHITE FILLINGS FOR TEETH IN THE REAR OF THE MOUTH, A THIRD CLEANING FOR PREGNANT WOMEN AND SURVIVOR BENEFITS FOR SPOUSES AND CHILDREN.

METLIFE HAS LAUNCHED A WEBSITE AT [HTTPS://MYBENEFITS.METLIFE.COM/TRICARE](https://mybenefits.metlife.com/tricare) WITH INFORMATION ABOUT THE UPCOMING TRANSITION.

BENEFICIARIES WHO HAVE QUESTIONS ABOUT THEIR DENTAL BENEFITS BEFORE CAN GET CONTACT, ENROLLMENT AND OTHER TDP INFORMATION AT TRICARE.MIL/TDP.

FINALLY: LORRAINE CWIEKA REPORTS ON NATIONAL NUTRITION MONTH.

MARCH SPRINGS FORTH NATIONAL NUTRITION MONTH AND TRICARE WANTS BENEFICIARIES TO FOCUS ON LIVING A HEALTHIER LIFESTYLE.

BALANCING FOOD CHOICES IS NECESSARY FOR THE BODY TO GET ALL ITS NEEDED NUTRIENTS. THE DIETARY GUIDELINES FOR AMERICANS, PUBLISHED BY THE DEPARTMENT OF HEALTH AND HUMAN SERVICES AND THE DEPARTMENT OF AGRICULTURE, DESCRIBE WHAT A HEALTHY DIET INCLUDES.

VITAMIN A KEEPS EYES AND SKIN HEALTHY AND BOOSTS THE IMMUNE SYSTEM. FOODS WITH VITAMIN A INCLUDE FISH, LIVER,

GREEN AND YELLOW FRUITS, AND VEGETABLES. VITAMIN C HELPS BONES, TEETH AND GUMS STAY HEALTHY AND AIDS IN THE HEALING PROCESS OF CUTS. IT CAN BE FOUND IN JUST ABOUT ALL FRESH FRUITS AND VEGETABLES. FOODS THAT PROVIDE A GOOD SOURCE OF POTASSIUM INCLUDE BANANAS, SWEET POTATOES, GREENS, WHITE POTATOES AND BEET GREENS. THESE FOODS HELP KEEP BLOOD SUGAR AT HEALTHY LEVELS. BEANS, PEAS, LENTILS AND ARTICHOKES ARE GOOD SOURCES OF DIETARY FIBER WHICH DECREASES RISK OF CORONARY ARTERY DISEASE.

CONSUMING FEWER CALORIES, MAKING INFORMED FOOD CHOICES AND BEING PHYSICALLY ACTIVE CAN HELP TRICARE BENEFICIARIES ATTAIN AND MAINTAIN A HEALTHY WEIGHT, REDUCE THEIR RISK OF CHRONIC DISEASE AND PROMOTE OVERALL HEALTH.

FOR MORE HEALTHY LIVING TIPS, LINKS, GAMES AND ARTICLES VISIT TRICARE.MIL/GETFIT.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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

TAIL MUSIC (:03)