

TRICARE BENEFICIARY BULLETIN – MAY 18, 2012 – 544 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 SEEKING CARE WHILE TRAVELING.

IF YOU ARE A BENEFICIARY LIVING OVERSEAS AND USING TRICARE OVERSEAS PROGRAM STANDARD, YOU CAN RECEIVE CARE FROM ANY HOST NATION PROVIDER WHEN YOU TRAVEL OVERSEAS OR IN THE UNITED STATES.

BEFORE YOUR LEAVE, SCHEDULE YOUR ROUTINE HEALTH CARE APPOINTMENTS. GENERAL OFFICE VISITS FOR TREATMENTS AND ONGOING CARE SHOULD BE HANDLED BEFORE YOU TRAVEL OR POSTPONED UNTIL YOU RETURN.

IF YOU ARE AN OVERSEAS BENEFICIARY TRAVELING IN THE U.S. AND HAVE AN EMERGENCY, CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM. IF YOU SEEK CARE FROM A STATESIDE TRICARE NETWORK PROVIDER, THE PROVIDER WILL FILE THE CLAIM WITH THE OVERSEAS CLAIMS PROCESSOR FOR YOU. IF YOU SEEK CARE FROM AN AUTHORIZED NON-NETWORK PROVIDER, EXPECT TO

PAY UP FRONT AND FILE A CLAIM WITH THE OVERSEAS CONTRACTOR. SAVE YOUR RECEIPT AS PROOF OF PAYMENT AND INCLUDE YOUR OVERSEAS ADDRESS WITH THE CLAIM. ALWAYS FILE CLAIMS WITH THE OVERSEAS CLAIMS PROCESSOR IN YOUR HOME REGION, NOT WITH THE REGIONAL CONTRACTOR IN THE AREA WHERE YOU ARE TRAVELING.

IF YOU ARE A BENEFICIARY WHO LIVES IN THE U.S. SEEKING HEALTH CARE WHILE TRAVELING OVERSEAS, FILE ANY CLAIMS WITH THE OVERSEAS PROGRAM CLAIMS PROCESSOR.

VISIT [TRICARE.MIL/CONTACTUS](http://TRICARE.MIL/CONTACTUS) FOR COMPLETE CONTACT INFORMATION.

FOR TRICARE MANAGEMENT ACTIVITY, IM LORRAINE CWIEKA.

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TRICARE WANTS WOMEN TO TAKE FULL ADVANTAGE OF THE PREVENTIVE SCREENINGS AND TESTS COVERED BY TRICARE TO PROTECT YOUR HEALTH. SCREENINGS, LIKE MAMMOGRAMS, ARE MEANT TO KEEP WOMEN HEALTHY OR DETECT HEALTH PROBLEMS IN A TIMELY MANNER.

TRICARE HAS NUMEROUS HEALTH PROGRAMS THAT FOCUS ON DISEASE PREVENTION AND HEALTH PROMOTION. IT IS IMPORTANT THAT WOMEN TALK

TO THEIR PRIMARY CARE MANAGERS ABOUT THEIR PERSONAL HISTORY, ASK QUESTIONS AND MAKE THE DECISION THAT IS RIGHT FOR THEM REGARDING SCREENING AND PREVENTATIVE CARE.

TRICARE COVERS AN ANNUAL MAMMOGRAM BEGINNING AT AGE 40. BENEFICIARIES WHO HAVE FAMILY HISTORY OF BREAST CANCER AND CONSIDERED HIGH RISK FOR BREAST CANCER ARE COVERED FOR ANNUAL MAMMOGRAMS BEGINNING AT 35. TRICARE ALSO COVERS MAGNETIC RESONANCE IMAGING, OR MRI SCREENINGS FOR BENEFICIARIES AT HIGH RISK OF BREAST CANCER. VISIT [TRICARE.MIL/BREASTEXAMS](http://TRICARE.MIL/BREASTEXAMS) FOR MORE INFORMATION.

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FINALLY: ANNEMARIE FELICIO REPORTS ON MANAGING ASTHMA DURING THE SPRING AND SUMMER MONTHS.

DON'T LET UNMANAGED ASTHMA DAMPEN YOUR CHILDREN'S OUTDOOR FUN. ASTHMA IS A LONG TERM LUNG DISEASE THAT INFLAMES AND NARROWS EXTRA SENSITIVE AIRWAYS. PEOPLE WITH ASTHMA EXPERIENCE PERIODS OF WHEEZING, CHEST TIGHTNESS, SHORTNESS OF BREATH AND COUGHING. ASTHMA AFFECTS PEOPLE OF ALL AGES, BUT MOST OFTEN STARTS DURING CHILDHOOD. RISK FACTORS FOR DEVELOPING CHILDHOOD ASTHMA INCLUDE

NASAL ALLERGIES, FAMILY HISTORY, RESPIRATORY INFECTIONS, LOW BIRTH WEIGHT AND TOBACCO SMOKE.

TRICARE REMINDS PARENTS THAT CHILDREN WITH ASTHMA CAN LEAD FAIRLY NORMAL LIVES WHEN THEY FOLLOW THEIR ASTHMA ACTION PLAN. AN ASTHMA ACTION PLAN GIVES INSTRUCTION FOR MEDICATIONS AND HOW TO IDENTIFY AND AVOID EXPOSURE TO ALLERGENS AND IRRITANTS.

WITH EDUCATION AND PROPER MEDICAL CARE, PARENTS CAN BETTER CONTROL AND MANAGE THEIR CHILD'S ASTHMA. THE FIRST STEP IN CONTROLLING ASTHMA IS RECOGNIZING YOUR CHILD HAS THE DISEASE. ONE CHILD CAN HAVE DIFFERENT SYMPTOMS IN SEPARATE EPISODES. IF YOUR CHILD HAS ANY ILLNESS THAT COMPLICATES BREATHING, BRING THEM TO THE DOCTOR FOR EVALUATION. A DOCTOR CAN DIAGNOSE A CHILD'S ASTHMA AND ITS SEVERITY BASED ON MEDICAL HISTORY, PHYSICAL EXAMS AND BREATHING TESTS.

TRICARE OFFERS A DISEASE MANAGEMENT PROGRAM TO BENEFICIARIES. THE PROGRAM FOCUSES ON IMPROVING HEALTH MANAGEMENT SKILLS WHILE LIVING WITH CONDITIONS LIKE ASTHMA.

FOR MORE INFORMATION BENEFICIARIES SHOULD CONTACT THEIR REGIONAL CONTRACTOR BY VISITING [TRICARE.MIL/CONTACTUS](http://TRICARE.MIL/CONTACTUS).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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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)