

TRICARE BENEFICIARY BULLETIN – MAY 25, 2012 – 705 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 THE STIGMA OF MENTAL HEALTH.

SERVICE MEMBERS RETURNING FROM DEPLOYMENT FACE MANY CHALLENGES, INCLUDING THE INVISIBLE WOUNDS OF MENTAL HEALTH CONDITIONS. TRICARE REMINDS BENEFICIARIES THAT TREATING MENTAL HEALTH CONDITIONS EARLIER CAUSES LESS DAMAGE.

UNFORTUNATELY, MANY SERVICE MEMBERS BELIEVE THERE IS A STIGMA ASSOCIATED WITH SEEKING CARE FOR MENTAL HEALTH NEEDS. MUCH OF THIS STIGMA IS BASED ON MYTH, NOT REALITY. HERE ARE A FEW EXAMPLES:

- MYTH: SEEKING MENTAL HEALTH CARE WILL HURT YOUR CAREER.
  - SEEKING MENTAL HEALTH CARE WILL ENSURE YOU GET THE APPROPRIATE CARE AND HELP KEEP YOUR CAREER ON TRACK.

MENTAL HEALTH COUNSELING IS **NOT** A REASON TO REVOKE  
OR DENY A SECURITY CLEARANCE.

- MYTH: YOU WILL LOSE THE TRUST OF YOUR UNIT IF YOU ADMIT TO MENTAL DISTRESS.
  - IN REALITY, YOUR UNIT WILL TRUST YOU MORE. TAKING RESPONSIBILITY FOR YOUR HEALTH SHOWS THAT YOU ARE RELIABLE.
- MYTH: NEEDING MENTAL HEALTH CARE IS A SIGN OF WEAKNESS.
  - IT TAKES REAL STRENGTH AND COURAGE TO ADMIT YOU HAVE A PROBLEM AND SEEK HELP.

IF YOU RECOGNIZE ANY SIGNS OF A MENTAL HEALTH CONDITION IN YOURSELF, YOUR FAMILY OR A FRIEND, SPEAK UP!

ACTIVE DUTY SERVICE MEMBERS MAY RECEIVE MENTAL HEALTH CARE AT ANY MILITARY TREATMENT FACILITY WITHOUT A REFERRAL. FOR CIVILIAN CARE YOU NEED A REFERRAL. OTHER TRICARE BENEFICIARIES DO NOT NEED REFERRALS OR PRIOR AUTHORIZATION FOR THE FIRST EIGHT VISITS. FOR MORE INFORMATION ON TRICARE'S MENTAL HEALTH COVERAGE, GO TO [TRICARE.MIL/MENTALHEALTHAPPT](http://TRICARE.MIL/MENTALHEALTHAPPT).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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SUMMER MONTHS BRING OUTDOOR FUN IN THE SUN, BUT IT CAN ALSO BRING ABOUT UNWANTED SKIN ISSUES SUCH AS SUNBURN, FRECKLES AND SKIN CANCER. TO PREVENT THESE PROBLEMS, TRICARE RECOMMENDS YOU ALWAYS APPLY SUNSCREEN.

IT'S IMPORTANT THAT BENEFICIARIES TAKE PRECAUTIONS OUT IN THE SUN YEAR-ROUND. BOTH SUNBURN AND INDOOR TANNING INCREASE THE RISK OF MELANOMA, THE DEADLIEST TYPE OF SKIN CANCER.

TO PROTECT SKIN FROM SUN DAMAGE, YOU SHOULD:

- USE SUNSCREEN WITH UVA AND UVB PROTECTION AND WITH SPF 15 OR HIGHER;
- WEAR SUNGLASSES THAT WRAP AROUND AND BLOCK UP TO 100 PERCENT OF BOTH UVA AND UVB RAYS; AND
- SEEK SHADE DURING MIDDAY HOURS.

USING A TANNING BED, BOOTH OR SUNLAMP TO GET TAN IS JUST AS HARMFUL AS LAYING OUT IN THE SUN. INDOOR TANNING HAS BEEN LINKED WITH SKIN CANCERS AND CANCERS OF THE EYE.

BENEFICIARIES CAN GET SKIN CANCER SCREENINGS UNDER TRICARE PRIME, TRICARE STANDARD AND TRICARE EXTRA. TRICARE COVERS SKIN CANCER EXAMS FOR THOSE WHO HAVE FAMILY OR PERSONAL HISTORY OF SKIN CANCER, AN INCREASE IN OCCUPATIONAL OR RECREATIONAL EXPOSURE TO SUNLIGHT OR CLINICAL EVIDENCE OF LESIONS.

BENEFICIARIES CAN FIND OUT MORE ON THEIR BENEFIT AND PREVENTIVE SERVICES AT [TRICARE.MIL/PREVENTIVESERVICES](http://TRICARE.MIL/PREVENTIVESERVICES).

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FINALLY: LORRAINE CWIEKA REPORTS ON EMERGENCY CARE WHEN ON VACATION.

WHEN VACATIONING, BENEFICIARIES SHOULD ALWAYS BE PREPARED FOR INJURIES OR SICKNESS BY UNDERSTANDING THEIR TRICARE BENEFIT. TRICARE FOLLOWS ALL BENEFICIARIES WHEN THEY TRAVEL AND UNDERSTANDING THE

DIFFERENCE BETWEEN EMERGENCY AND URGENT CARE CAN HELP SAVE TIME AND MONEY.

TRICARE DEFINES AN EMERGENCY AS A MEDICAL, MATERNITY OR PSYCHIATRIC CONDITION THAT:

- THREATENS YOUR LIFE, A LIMB, OR VISION IF YOU DID NOT SEEK IMMEDIATE MEDICAL ATTENTION;
- CAUSES SEVERE PAIN REQUIRING MEDICAL ATTENTION,
- OR INVOLVES A PERSON WHO IS AT IMMEDIATE RISK TO THEMSELVES OR OTHERS.

EXAMPLES OF EMERGENCY SITUATIONS INCLUDE HEAD INJURIES, BROKEN BONES, CHEST PAINS AND THE INABILITY TO BREATHE. IF YOU OR A FAMILY MEMBER REQUIRES EMERGENCY CARE WHILE ON VACATION, CALL 911 IMMEDIATELY OR GO TO THE NEAREST ER. IF ADMITTED, YOU MUST NOTIFY YOUR REGIONAL HEALTH CONTRACTOR OR PRIMARY CARE MANAGER WITHIN 24 HOURS TO COORDINATE ONGOING CARE. AUTHORIZATION IS NOT REQUIRED FOR EMERGENCY CARE BEFORE RECEIVING TREATMENT.

HOWEVER, THE CONDITIONS ARE DIFFERENT FOR URGENT CARE TREATMENT. TRICARE DEFINES URGENT CARE AS A MEDICAL SERVICE NEEDED WITHIN 24 HOURS. SPECIFICALLY, THE ILLNESS OR INJURY WILL NOT RESULT IN FURTHER DISABILITY OR DEATH IF NOT TREATED IMMEDIATELY. EXAMPLES OF URGENT

CARE SITUATIONS MAY INCLUDE EARACHE, TOOTHACHE, SPRAIN OR URINARY TRACT INFECTION. ACTIVE DUTY SERVICE MEMBERS MUST SEEK URGENT CARE AT A MILITARY TREATMENT FACILITY.

IF YOU ARE AWAY AND NEED URGENT CARE TREATMENT, YOU MUST CONTACT YOUR PRIMARY CARE MANAGER FOR A REFERRAL OR YOUR REGIONAL HEALTH CARE CONTRACTOR BEFORE RECEIVING CARE. IF YOU DON'T HAVE A REFERRAL, YOU MAY INCUR HIGHER COSTS. VISIT [TRICARE.MIL/COSTS](http://TRICARE.MIL/COSTS) FOR SPECIFIC POINT-OF-SERVICE COST DETAILS. FOR DETAILS, CONTACT YOUR REGIONAL CONTRACTOR AT [TRICARE.MIL/CONTACTUS](http://TRICARE.MIL/CONTACTUS).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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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)