

TRICARE BENEFICIARY BULLETIN #17 – 663 WORDS – 5/29/09

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: DOD LAUNCHES A PROGRAM TO FIGHT THE STIGMA OF SEEKING PSYCHOLOGICAL HEALTH CARE.

THE DEFENSE DEPARTMENT HAS LAUNCHED THE REAL WARRIORS CAMPAIGN, A MULTIMEDIA PUBLIC EDUCATION EFFORT DESIGNED TO COMBAT THE STIGMA KEEPING SOME SERVICE MEMBERS, VETERANS AND THEIR FAMILIES FROM SEEKING NEEDED PSYCHOLOGICAL HEALTH CARE.

THE CAMPAIGN PROMOTES THE PROCESSES OF BUILDING RESILIENCE, FACILITATING RECOVERY AND SUPPORTING REINTEGRATION FOR THOSE WITH PSYCHOLOGICAL WOUNDS

THROUGH AN INTERACTIVE WEB SITE, AND THROUGH RADIO AND TELEVISION PUBLIC SERVICE ANNOUNCEMENTS.

THE LAUNCH IS PART OF A LARGER DEFENSE DEPARTMENT EFFORT TO ENSURE SERVICE MEMBERS AND THEIR FAMILIES CAN ACCESS NECESSARY TREATMENT FOR THE INVISIBLE WOUNDS OF WAR.

FOR MORE INFORMATION, VISIT [WWW.REALWARRIORS.NET](http://WWW.REALWARRIORS.NET) OR CALL THE DEFENSE CENTERS OF EXCELLENCE FOR PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY OUTREACH CENTER AT (866) 966-1020. THAT'S (866) 966-1020.

-----

NEXT, TRICARE SUPPORTS WORLD NO TOBACCO DAY, AS ANNEMARIE FELICIO REPORTS.

WORLD NO TOBACCO DAY IS ON MAY 31. IT'S SPONSORED BY THE WORLD HEALTH ORGANIZATION AND THIS YEAR THE DEFENSE DEPARTMENT IS ENDORSING THE OBSERVANCE BY ENCOURAGING MILITARY PERSONNEL TO PARTICIPATE. THE

EFFORT IS PART OF THE DOD MULTIYEAR TOBACCO CESSATION CAMPAIGN, QUIT TOBACCO—MAKE EVERYONE PROUD.

HEALTH PROMOTIONS STAFF MEMBERS AT INSTALLATIONS ARE ENCOURAGING THEIR PATIENTS TO SIGN THE ONLINE PLEDGE AT **WWW.UCANQUIT2.ORG/WNTD**, ACCEPTING THE CHALLENGE TO BECOME TOBACCO FREE ON WORLD NO TOBACCO DAY. YOU CAN ORDER OR DOWNLOAD FREE PROMOTIONAL AND INFORMATIONAL ITEMS FROM THE SITE TO HELP STAGE AN EVENT, AND THERE ARE SPECIALLY DESIGNED E-CARDS THAT VISITORS CAN SEND TO ENCOURAGE THEIR FRIENDS AND FAMILY TO GIVE UP TOBACCO.

THE CAMPAIGN HEADQUARTERS AT **WWW.UCANQUIT2.ORG** OFFERS THE LATEST HIGH-TECH WAYS TO CONNECT WITH OTHERS ON THE ROAD TO BECOMING TOBACCO FREE. THE SITE HAS JUST LAUNCHED A TWITTER PAGE AT **/WWW.TWITTER.COM/UCANQUIT2**. THOSE WHO SIGN UP WILL BE ABLE TO FOLLOW THE SITE'S ACTIVITIES AND NEWS,

INCLUDING TOBACCO-RELATED HEALTH AND OTHER INFORMATION.

VISITORS CAN TAKE ADVANTAGE OF OTHER SOCIAL NETWORKING OPPORTUNITIES TOO, LIKE BEING A FRIEND AT MYSPACE, TUNING IN TO THE VIDEOS AND MAKING COMMENTS AT THE YOUTUBE PAGE, AND BECOMING A FAN OF THE CAMPAIGN'S FACEBOOK PAGE.

COMMITTING TO PARTICIPATE IN WORLD NO TOBACCO DAY ON MAY 31 CAN BE A 1-DAY TEST RUN FOR WHAT COULD BE THE BEGINNING OF A TOBACCO-FREE LIFESTYLE FOR SERVICEMEN AND WOMEN.

FOR THE TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

-----

AND FINALLY, A REMINDER TO BE PREPARED FOR HURRICANE SEASON.

THE 2009 ATLANTIC HURRICANE SEASON BEGINS IN JUNE, AND BEING PREPARED IS THE BEST WAY TO KEEP YOU AND YOUR FAMILY SAFE IN THE EVENT OF A NATURAL DISASTER. EVEN IF YOU ARE NOT ONE OF THE MORE THAN 35 MILLION PEOPLE WHO LIVE IN THE REGIONS MOST AFFECTED BY HURRICANES, BEING INFORMED OF AND PREPARED FOR WHAT YOU SHOULD DO IN ANY EMERGENCY OR DISASTER IS A SMART BET.

BE SURE TO HAVE A COMPLETE EMERGENCY KIT ON HAND. KEEP IT UP TO DATE AND MAKE SURE EVERYTHING WORKS AND YOUR FOOD AND WATER HAVE NOT EXPIRED. ALONG WITH A BATTERY OPERATED WEATHER RADIO, FLASHLIGHTS AND FIRST AID SUPPLIES, INCLUDE ANY MEDICAL NECESSITIES YOU MAY NEED IN YOUR KIT. KEEP IN MIND THAT MEDICAL ASSISTANCE MAY NOT BE IMMEDIATELY AVAILABLE AFTER A DISASTER. SEVERAL HEALTH RELATED ITEMS SHOULD BE IN KITS FOR EACH FAMILY MEMBER, INCLUDING:

COPIES OF UNIFORMED SERVICES ID CARDS, MEDICARE CARDS OR OTHER HEALTH INSURANCE CARD;

COPIES OF MEDICAL RECORDS;

A LIST OF PRIMARY CARE MANAGERS, OTHER DOCTORS' NAMES

AND PHONE NUMBERS;

EMERGENCY CONTACT NAMES AND PHONE NUMBERS;

TRICARE REGIONAL AND PHARMACY CONTRACTORS AND

MEDICARE CONTACTS;

A LIST OF PRESCRIPTION MEDICATIONS AND DOSES;

A LIST OF EACH FAMILY MEMBER'S ALLERGIES;

AND A 30-DAY SUPPLY OF PRESCRIPTION MEDICATIONS.

FOR MORE INFORMATION ON DISASTER PREPAREDNESS, VISIT

[WWW.TRICARE.MIL/DISASTERINFO](http://WWW.TRICARE.MIL/DISASTERINFO).

AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL

HAVE MORE NEWS YOU CAN USE NEXT WEEK. (:03)

TAIL MUSIC (:03)