

TRICARE BENEFICIARY BULLETIN – JUNE 28, 2012 – 576 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 BINGE DRINKING.

MIXING SOCIAL GATHERINGS WITH ALCOHOL IS COMMON FOR MANY PEOPLE. TRICARE CAUTIONS BENEFICIARIES TO DRINK RESPONSIBLY TO AVOID BINGE DRINKING AND SEVERE INTOXICATION.

FOR MEN, BINGE DRINKING CONSISTS OF CONSUMING FIVE OR MORE DRINKS IN A SINGLE OCCASION AND FOR WOMEN IT IS CONSUMING FOUR OR MORE DRINKS.

TO REDUCE THE RISK OF ALCOHOL DEPENDENCY, TRICARE RECOMMENDS THAT YOU MONITOR YOUR ALCOHOL CONSUMPTION. YOU CAN ALSO SET A DRINKING LIMIT, AVOID PLACES WHERE HEAVY DRINKING OCCURS, KEEP A LIMITED SUPPLY OF ALCOHOL IN YOUR HOME AND SEEK HELP FROM A DOCTOR, FAMILY OR FRIENDS.

ALCOHOL ABUSE CAN LEAD TO LONG TERM HEALTH PROBLEMS. MEDICAL DISORDERS RELATED TO EXCESSIVE DRINKING INCLUDE LIVER DISEASE, PANCREATITIS, CARDIOVASCULAR PROBLEMS, AND PSYCHIATRIC DISORDERS. TRAFFIC ACCIDENTS, DROWNING AND ALCOHOL POISONING CAN ALSO RESULT FROM HAVING TOO MUCH TO DRINK.

BENEFICIARIES CAN GET HELP BY DISCUSSING OPTIONS WITH THEIR PRIMARY CARE MANAGER OR PCM. TO GET ASSISTANCE OUTSIDE THE MILITARY TREATMENT FACILITY A PCM MUST WRITE A REFERRAL. USING A NETWORK PROVIDER CAN REDUCE OUT-OF-POCKET COSTS. SEE SPECIFIC COVERAGE AND LIMITATIONS BY FILLING OUT A PROFILE AT [TRICARE.MIL](https://www.tricare.mil).

FIND MORE INFORMATION ON ALCOHOL CONSUMPTION, ALCOHOL ABUSE AND TREATMENT AT [TRICARE.MIL/ALCOHOLAWARENESS](https://www.tricare.mil/ALCOHOLAWARENESS).

FOR TRICARE MANAGEMENT ACTIVITY, IM LORRAINE CWIEKA.

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IF YOU OR YOUR CHILD PARTICIPATES IN SPORTS OR OTHER RECREATIONAL ACTIVITIES, YOU KNOW THE IMPORTANCE OF PROTECTIVE GEAR. TRICARE ENCOURAGES YOU TO PROTECT YOUR TEETH BY WEARING ATHLETIC MOUTHGUARDS DURING ACTIVITIES THAT COULD CAUSE HARM OR INJURY TO YOUR MOUTH. THE TRICARE DENTAL PROGRAM COVERS ENROLLEES FOR ONE

CUSTOM FITTED ATHLETIC MOUTHGUARD AT A 50 PERCENT COST-SHARE, PER CONSECUTIVE 12-MONTH PERIOD.

ATHLETIC MOUTHGUARDS HELP TO PREVENT BROKEN AND CHIPPED TEETH, CUTS INSIDE THE MOUTH AND TONGUE, NERVE DAMAGE AND TOOTH LOSS. USING AN ATHLETIC MOUTHGUARD MAY ALSO REDUCE THE RATE AND SEVERITY OF CONCUSSIONS. MOUTHGUARDS ABSORB SOME OF THE SHOCK EXPERIENCED FROM A BLOW TO THE HEAD, AND HELP TO DISTRIBUTE IT EVENLY.

YOUR ATHLETIC MOUTHGUARD SHOULD FIT COMFORTABLY, AND NOT RESTRICT YOUR BREATHING OR SPEECH. IT SHOULD BE EASY TO CLEAN AND MADE OF A RESILIENT, TEAR-RESISTANT MATERIAL. VISIT YOUR TDP-PARTICIPATING DENTIST TO TALK ABOUT THE BEST OPTION FOR YOU AND YOUR CHILDREN.

LASTLY, TAKE YOUR MOUTHGUARD TO YOUR DENTIST APPOINTMENTS SO YOUR DENTIST CAN CHECK IT FOR PROPER FIT AND DAMAGE OR WEAR. YOUR DENTIST CAN ANSWER ANY QUESTIONS YOU MIGHT HAVE ABOUT USE OR CARE.

FOR MORE INFORMATION ABOUT MOUTHGUARDS, COST-SHARES, OTHER BENEFITS, AND TO FIND A TDP PARTICIPATING DENTIST NEAR YOU, VISIT: [TRICARE.MIL/TDP](http://TRICARE.MIL/TDP).

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FINALLY: ANNEMARIE FELICIO REPORTS ON UPDATING IMMUNIZATIONS.

THE SUMMER TRAVEL SEASON IS SHIFTING INTO HIGH-GEAR. TRICARE REMINDS BENEFICIARIES TO UPDATE THEIR IMMUNIZATIONS IF YOU PLAN TO TRAVEL OVERSEAS.

TRAVELERS SHOULD RECEIVE ROUTINE, RECOMMENDED AND REQUIRED VACCINATIONS TO PROTECT THEMSELVES WHILE OVERSEAS.

RECOMMENDED VACCINATIONS GUARD TRAVELERS AGAINST DISEASES THAT ARE UNCOMMON IN THE U.S. BUT COMMON IN OTHER PARTS AROUND THE WORLD. REQUIRED VACCINATIONS ARE CERTIFIED ON A TRAVELER'S IMMUNIZATION CARD TO SHOW A RECORD OF THE VACCINE AT CUSTOMS BEFORE ENTERING THE COUNTRY.

FACTORS SUCH AS YOUR AGE, HEALTH STATUS, PAST IMMUNIZATIONS AND DESTINATION DETERMINE WHICH IMMUNIZATIONS YOU WILL NEED. OTHER CONSIDERATIONS INCLUDE PREGNANCY, BREASTFEEDING, TRAVELING WITH

INFANTS OR CHILDREN AND COMPROMISED IMMUNE SYSTEMS DUE TO ILLNESS  
SUCH DIABETES OR HIV.

IF YOU HAVE OVERSEAS TRAVEL PLANS, TRICARE RECOMMENDS SPEAKING  
WITH YOUR PRIMARY CARE MANAGER FOUR TO SIX WEEKS BEFORE  
TRAVELING.— MANY IMMUNIZATIONS TAKE TIME TO EFFECTIVELY GUARD  
AGAINST DISEASES, AND SOME MAY REQUIRE A SERIES OF VACCINATIONS.  
YOUR PRIMARY CARE MANAGER WILL HELP DETERMINE EXACTLY WHICH  
IMMUNIZATIONS ARE REQUIRED FOR YOUR DESTINATION.

TO LEARN MORE ABOUT TRICARE IMMUNIZATION COVERAGE GO TO  
[TRICARE.MIL/VACCINES](http://TRICARE.MIL/VACCINES).

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)