

TRICARE BENEFICIARY BULLETIN – JULY 13, 2012 – 584 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 LORRAINE CWIEKA. (:10)

FIRST UP: ANNEMARIE FELICIO REPORTS ON TRICARE AND THE PATIENT PROTECTION AND AFFORDABLE CARE ACT.

THE PATIENT PROTECTION AND AFFORDABLE CARE ACT SIGNED INTO LAW IN 2010 HAD NO DIRECT EFFECT ON THE TRICARE BENEFIT. THE BILL MEANT CHANGES IN HEALTH CARE COVERAGE FOR MANY AMERICANS, BUT THE LEGISLATION DID NOT APPLY DIRECTLY TO TRICARE.

TRICARE IS AUTHORIZED BY AN INDEPENDENT SET OF STATUTES, AND REMAINS UNDER SOLE AUTHORITY OF THE DEFENSE DEPARTMENT AND THE SECRETARY OF DEFENSE. NEITHER THE PASSAGE OF THE ACT OR THE RECENT SUPREME COURT RULING UPHOLDING THE ACT HAD A DIRECT IMPACT ON THE TRICARE BENEFIT.

TRICARE PROVIDES COVERAGE FOR PRE-EXISTING CONDITIONS AND SERIOUS ILLNESSES; OFFERS MANY PREVENTIVE CARE SERVICES WITH NO COST SHARES; MAINTAINS REASONABLE OUT-OF-POCKET COSTS WITH NO OR LOW DEDUCTIBLES AND COPAYMENTS; AND THERE ARE NO ANNUAL OR LIFETIME CAPS ON COVERAGE.

ONE BENEFIT ADDRESSED BY THE ACT, BUT NOT ALREADY EXISTING UNDER TRICARE, WAS COVERAGE OF YOUNG ADULTS UP TO AGE 26. CONSEQUENTLY, THE NATIONAL DEFENSE AUTHORIZATION ACT SIGNED INTO LAW IN JANUARY 2011, LED TO THE SPEEDY IMPLEMENTATION OF TRICARE YOUNG ADULT. FOR MORE INFORMATION ABOUT TRICARE YOUNG ADULT AND HOW TO PURCHASE IT, GO TO TRICARE.MIL/TYA.

MORE INFORMATION ABOUT TRICARE AND HEALTH CARE REFORM IS AVAILABLE AT TRICARE.MIL. BENEFICIARIES MAY ALSO SIGN UP FOR AUTOMATIC EMAIL UPDATES ON TRICARE PROGRAMS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

A NEW PROGRAM LENDS SUPPORT TO THE FAMILIES OF DEPLOYED MEMBERS OF THE NATIONAL GUARD AND RESERVE BY HELPING THEM LEAD HEALTHIER,

MORE ACTIVE LIFESTYLES. RESERVISTS AND NATIONAL GUARD PERSONNEL AND THEIR IMMEDIATE FAMILY MEMBERS WHEN THE RESERVIST OR GUARD MEMBER ANTICIPATES DEPLOYMENT WITHIN THE NEXT SIX MONTHS, IS CURRENTLY DEPLOYED, OR HAS RETURNED FROM ACTIVE DEPLOYMENT WITHIN THE LAST SIX MONTHS ARE ELIGIBLE.

THE PROGRAM PARTNERS WITH TRADE ASSOCIATIONS REPRESENTING FITNESS PROFESSIONALS AND HEALTH CLUBS. THE ASSOCIATIONS ARE PROVIDING FREE SERVICES SUCH AS PERSONAL TRAINING, FITNESS INSTRUCTION AND FREE 6-MONTH HEALTH CLUB MEMBERSHIPS FOR CERTAIN FAMILY MEMBERS OF DEPLOYED RESERVISTS AND NATIONAL GUARD MEMBERS. CLUBS MAY ALSO PROVIDE ADDITIONAL BENEFITS SUCH AS CHILDCARE, CHILDREN'S PROGRAMMING, GROUP CLASSES, DISCOUNTS FOR VETERANS, AND DISCOUNTS FOR ACTIVE DUTY FAMILIES.

SERVICE MEMBERS AND THEIR FAMILIES CAN LEARN MORE ONLINE ABOUT THIS EFFORT AT FITNESS.GOV/MILITARY.

TRICARE BENEFICIARIS CAN ALSO VISIT TRICARE.MIL/GETFIT FOR TIPS AND RESOURCES ON MAINTAINING A HEALTHY WEIGHT, REDUCING THE RISKS OF CHRONIC DISEASES AND PROMOTING OVERALL HEALTH!

FINALLY: ANNEMARIE FELICIO REPORTS ON TRICARE OVERSEAS PROOF-OF-PAYMENT REQUIREMENTS.

STARTING ON SEPTEMBER 1, 2012, ALL BENEFICIARY-SUBMITTED CLAIMS MUST INCLUDE PROOF OF PAYMENT. PROOF OF PAYMENT, ALONG WITH THE TRICARE MEDICAL CLAIMS FORM SHOULD BE SUBMITTED TO THE TRICARE OVERSEAS PROGRAM CLAIMS PROCESSOR. PROOF OF PAYMENT HELPS TRICARE VALIDATE CLAIMS AND SAFEGUARD BENEFIT DOLLARS.

WHEN SUBMITTING YOUR CLAIM, YOU MUST INCLUDE AN ITEMIZED BILL OR INVOICE, OR A DIAGNOSIS DESCRIBING WHY YOU RECEIVED MEDICAL CARE AND/OR AN EXPLANATION OF BENEFITS FROM YOUR OTHER HEALTH INSURANCE, IF APPLICABLE. A CANCELED CHECK OR CREDIT CARD RECEIPT SHOWING PAYMENT FOR MEDICAL SUPPLIES OR SERVICES OFTEN SATISFIES THE PROOF-OF-PAYMENT REQUIREMENT. IF YOU PAID FOR CARE OR SUPPLIES IN CASH, TRICARE MAY ASK FOR PROOF OF CASH WITHDRAWAL FROM YOUR BANK OR CREDIT UNION ALONG WITH A RECEIPT FROM YOUR PROVIDER.

TO ENSURE THE ACCURATE AND TIMELY PROCESSING OF YOUR CLAIM, IT IS RECOMMENDED THAT YOU WRITE AT THE TOP OF THE CLAIM FORM IF PAYMENT WAS MADE DIRECTLY TO THE PROVIDER.

AFTER YOU HAVE SUBMITTED THE DOCUMENTS LISTED, YOU MAY BE ASKED FOR ADDITIONAL DOCUMENTATION. IF YOU HAVE QUESTIONS REGARDING PROOF-OF-PAYMENT REQUESTS, CLAIMS SUBMISSIONS OR THE STATUS OF A SUBMITTED CLAIM, PLEASE CALL YOUR TOP REGIONAL CALL CENTER AND SELECT OPTION 2 FOR CLAIMS ASSISTANCE.

VISIT TRICARE.MIL/CLAIMS TO DOWNLOAD THE CLAIM FORM AND FOR ADDITIONAL INFORMATION.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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

TAIL MUSIC (:03)