

TRICARE BENEFICIARY BULLETIN – JULY 20, 2012 – 690 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: ANNEMARIE FELICIO REPORTS ON OPTIONS FOR FILLING YOUR PRESCRIPTIONS UNDER TRICARE.

TRICARE BENEFICIARIES HAVE PLENTY OF PHARMACY OPTIONS, INCLUDING MILITARY PHARMACIES, TRICARE PHARMACY HOME DELIVERY AND 56,000 NETWORK PHARMACIES. WONDERING WHICH OPTION TO CHOOSE FROM?

MILITARY TREATMENT FACILITY PHARMACIES FILL PRESCRIPTIONS FREE OF CHARGE, UP TO A 90-DAY SUPPLY FOR MOST MEDICATIONS. AND, IF YOU ARE A REGISTERED USER ON THE TRICARE ONLINE WEB PORTAL, YOU MAY BE ABLE TO REFILL YOUR PRESCRIPTIONS ONLINE.

TRICARE PHARMACY HOME DELIVERY IS ANOTHER LOW-COST OPTION GIVING BENEFICIARIES LOW OR NO COPAYS. IT'S SAFE, CONVENIENT AND EASY TO USE FROM HOME, WHEN TRAVELING ON A TEMPORARY ASSIGNMENT OR MOVING TO

ANOTHER TRICARE REGION. PRESCRIPTIONS ARE MAILED TO ANY ADDRESS IN THE UNITED STATES AND ITS TERRITORIES. BENEFICIARIES CAN GET UP TO A 90-DAY SUPPLY FOR MOST MEDICATIONS WITH MINIMAL OUT-OF-POCKET COSTS. ONCE REGISTERED, BENEFICIARIES CAN SIGN UP FOR AUTOMATIC REFILLS OR REQUEST THEM BY MAIL, PHONE OR ONLINE.

BENEFICIARIES WHO CHOOSE TO FILL OR REFILL PRESCRIPTIONS AT A RETAIL NETWORK PHARMACY CAN GET UP TO A 30-DAY SUPPLY. CERTAIN VACCINES ARE ALSO COVERED FOR ZERO COPAYMENT AT PARTICIPATING NETWORK PHARMACIES. VISIT [EXPRESS-SCRIPTS.COM/TRICARE/](https://www.express-scripts.com/tricare/) TO FIND A PARTICIPATING PHARMACY.

FOR MORE INFORMATION ON THE TRICARE PHARMACY PROGRAM, VISIT [TRICARE.MIL/PHARMACY](https://www.tricare.mil/pharmacy).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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HITTING THE SNOOZE BUTTON WHEN THE ALARM SOUNDS IN THE MORNING? DOZING OFF DURING MORNING MEETINGS AT WORK? YAWNING EXCESSIVELY THROUGHOUT THE DAY? THESE COULD BE SYMPTOMS ASSOCIATED WITH OBSTRUCTIVE SLEEP APNEA.

THE MOST COMMON FORM OF SLEEP APNEA, OBSTRUCTIVE SLEEP APNEA, OCCURS WHEN THERE ARE AN INCREASED NUMBER OF PAUSES IN BREATHING WHILE SLEEPING. THE PAUSES CAN LAST FROM A FEW SECONDS TO MINUTES, AND CAN HAPPEN HUNDREDS OF TIMES PER NIGHT. AFTER THE PAUSES, NORMAL BREATHING CONTINUES OFTEN ACCOMPANIED BY A LOUD SNORT OR CHOKING SOUND. OBSTRUCTIVE SLEEP APNEA CAUSES PEOPLE TO MOVE IN AND OUT OF DEEP SLEEP, LIMITING PERIODS OF RESTFUL SLEEP, AND LEAVING THEM FEELING TIRED DURING THE DAY.

UNTREATED OBSTRUCTIVE SLEEP APNEA CAN LEAD TO SERIOUS CARDIOVASCULAR COMPLICATIONS SUCH AS A HEART ATTACK AND STROKE. BENEFICIARIES SHOULD GET MEDICAL ATTENTION IF THEY SUFFER FROM THIS TREATABLE CONDITION.

HEALTH CARE PROVIDERS CAN DIAGNOSE OBSTRUCTIVE SLEEP APNEA BY COMBINING PERSONAL MEDICAL AND FAMILY HISTORY, A PHYSICAL EXAM AND RESULTS OF A SLEEP STUDY. TRICARE COVERS SLEEP STUDIES, BUT BENEFICIARIES MUST BE REFERRED TO A SLEEP DISORDER CENTER BY THEIR PROVIDER AFTER A REVIEW OF THEIR MEDICAL INFORMATION.

OBSTRUCTIVE SLEEP APNEA IS COMMONLY TREATED WITH LIFESTYLE CHANGES — EVEN LOSING A SMALL AMOUNTS OF WEIGHT OR AVOIDING

ALCOHOL BEFORE SLEEPING MAY HELP. MOUTHPIECES, SURGERY OR BREATHING DEVICES MAY ALSO BE RECOMMENDED BY YOUR HEALTH CARE PROVIDER.

TO LEARN MORE ABOUT TRICARE'S COVERAGE FOR DIAGNOSTIC SLEEP STUDIES GO TO [TRICARE.MIL/COVEREDSERVICES](http://TRICARE.MIL/COVEREDSERVICES).

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FINALLY: LORRAINE CWIEKA REPORTS ON TRAVELING WITH TRICARE THIS SUMMER!

SUMMER VACATION IS A GREAT TIME TO TAKE YOUR FAMILY OVERSEAS AND EXPLORE OTHER COUNTRIES AND NEW CULTURES. THESE TRIPS SHOULD BE RELAXING AND ENJOYABLE, NOT FILLED WITH WORRY ABOUT A SUDDEN ILLNESS OR ACCIDENT.

YOU CAN REDUCE THE CHANCES OF HEALTH CARE PROBLEMS WHILE TRAVELING BY SEEING YOUR DOCTOR FOR REGULAR OFFICE VISITS AND TREATMENT OF ONGOING CONDITIONS BEFORE LEAVING TOWN. YOU SHOULD ALSO MAKE SURE YOUR FAMILY'S RECORDS ARE UP-TO-DATE IN THE DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM. FINALLY, MAKE SURE TO REFILL ANY PRESCRIPTION MEDICATIONS BEFORE LEAVING FOR THE TRIP.

ANYTIME YOU HAVE A HEALTH EMERGENCY WHILE TRAVELING OVERSEAS, GO TO THE NEAREST EMERGENCY FACILITY IMMEDIATELY. YOU CAN ALSO CONTACT THE TRICARE OVERSEAS PROGRAM REGIONAL CALL CENTER TO LOCATE THE NEAREST MEDICAL FACILITY OR TO COORDINATE OVERSEAS EMERGENCY CARE IN THE AREA WHERE YOU'RE TRAVELING.

PRIOR AUTHORIZATION IS NOT REQUIRED FOR EMERGENCY CARE. HOWEVER, ONCE YOU HAVE RECEIVED EMERGENCY CARE, CALL THE TOP REGIONAL CALL CENTER NUMBER FOR CLAIMS ASSISTANCE AS SOON AS YOU ARE ABLE. ANY FOLLOW-UP CARE MUST BE COORDINATED TO INCLUDE SUBSEQUENT REFERRALS AND AUTHORIZATIONS.

IF YOU USE TRICARE STANDARD AND NEED EMERGENCY OR URGENT CARE WHILE OVERSEAS, YOU SHOULD BE PREPARED TO PAY UP-FRONT AND SUBMIT A CLAIM WITH THE TOP CLAIMS PROCESSOR ONCE YOU ARRIVE HOME.

YOU CAN'T CONTROL EVERYTHING ABOUT A FAMILY TRIP OVERSEAS. HOWEVER, IF YOU TAKE A FEW SIMPLE STEPS BEFORE YOU LEAVE, AND UNDERSTAND HOW TRICARE TRAVELS WITH YOU, YOU CAN CUT DOWN ON VACATION STRESS. FOR MORE INFORMATION ABOUT TRAVELING OVERSEAS WITH TRICARE, VISIT [TRICARE.MIL/OVERSEAS](http://TRICARE.MIL/OVERSEAS).

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)