

TRICARE BENEFICIARY BULLETIN – AUGUST 17, 2012 – 691 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 GETTING COPIES OF MEDICAL RECORDS BEFORE A MOVE.

THERE ARE OFTEN LOOSE ENDS TO TIE UP BEFORE MOVING. THIS CAN BE ESPECIALLY TRUE WHEN A FAMILY IS MOVING FROM ONE TRICARE REGION TO ANOTHER OR TRANSFERRING OVERSEAS. ALL FAMILIES SHOULD ADD COPIES OF THEIR MEDICAL RECORDS TO THE PACKING LIST.

ONE TOOL AVAILABLE TO TRICARE BENEFICIARIES IS TRICARE ONLINE. TOL LETS ELIGIBLE TRICARE BENEFICIARIES ACCESS PERSONAL HEALTH DATA CAPTURED DURING TREATMENT AT MILITARY HOSPITALS AND CLINICS VIA THE BLUE BUTTON. AVAILABLE BLUE BUTTON PERSONAL HEALTH DATA INCLUDES LAB RESULTS, NOTES FROM DOCTOR'S VISITS, PROBLEM LISTS, AND MEDICATION AND ALLERGY DATA DOCUMENTED IN MILITARY AND VETERAN'S AFFAIRS ELECTRONIC HEALTH RECORDS. INDIVIDUALS CAN CREATE AN

ACCOUNT AT TRICAREONLINE.COM.

BENEFICIARIES SHOULD REQUEST COPIES OF THEIR COMPLETE MEDICAL RECORDS FROM THEIR PRIMARY CARE MANAGER BEFORE MOVING OR SWITCHING DOCTORS. SOME CIVILIAN PROVIDERS CHARGE A FEE FOR PROVIDING COPIES. TRICARE COVERS THE COST OF THOSE FEES FOR ACTIVE DUTY SERVICE MEMBERS ONLY. ALL OTHER BENEFICIARIES ARE RESPONSIBLE FOR PAYING THE FEE AND WILL NOT BE REIMBURSED.

ONCE A BENEFICIARY HAS SELECTED A PRIMARY CARE MANAGER IN THEIR NEW LOCATION, THEY CAN REQUEST THAT THEIR MEDICAL RECORDS BE SENT DIRECTLY BY MAIL. SENDING MEDICAL RECORDS BY MAIL COULD MEAN A DELAY IN RECEIVING THEM, AND BENEFICIARIES MAY STILL HAVE TO PAY AN ADMINISTRATIVE FEE. NOT ALL PCMS WILL SEND MEDICAL RECORDS BY MAIL, SO BENEFICIARIES SHOULD PLAN TO TRANSPORT COPIES OF THEIR OWN RECORDS AND KEEP THEM SECURE.

BENEFICIARIES SHOULD TALK WITH THEIR PCM ABOUT TRANSPORTING THEIR MEDICAL RECORDS WELL IN ADVANCE OF A MOVE. FOR INFORMATION ABOUT PERSONAL MEDICAL RECORDS GO TO TRICARE.MIL AND CLICK ON MEDICAL RECORDS AND PRIVACY UNDER THE MEDICAL TAB FROM THE HOME PAGE.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

-----  
NEXT: LORRAINE CWIEKA REPORTS ON TAKING CHARGE OF YOUR  
IMMUNIZATION HEALTH.

THIS MONTH, IN ADDITION TO MAKING SURE YOUR CHILDREN'S IMMUNIZATION  
RECORDS ARE UP-TO-DATE, NOW IS A GOOD TIME TO REVIEW YOUR OWN SHOT  
RECORDS.

VACCINATIONS AREN'T JUST FOR KIDS, PEOPLE OF ALL AGES NEED PROTECTION  
FROM DANGEROUS DISEASES THROUGHOUT THEIR LIVES. THE SPECIFIC  
IMMUNIZATIONS ADULTS MAY NEED ARE DETERMINED BY FACTORS SUCH AS  
AGE, LIFESTYLE, HIGH-RISK CONDITIONS, TYPE AND LOCATIONS OF TRAVEL,  
AND PREVIOUS IMMUNIZATIONS. ADULT-SPECIFIC VACCINATIONS INCLUDE  
SHINGLES, PNEUMOCOCCAL DISEASE AND HEPATITIS B.

SHINGLES IS CAUSED BY SAME VIRUS THAT CAUSES CHICKENPOX. AFTER A  
PERSON RECOVERS FROM CHICKENPOX, THE VIRUS STAYS IN THE BODY IN A  
DORMANT STATE. ALMOST ONE OUT OF EVERY THREE PEOPLE IN THE UNITED  
STATES WILL DEVELOP SHINGLES AND ABOUT HALF OF ALL CASES OCCUR  
AMONG MEN AND WOMEN 60 YEARS OLD OR OLDER.

PNEUMONIA IS AN INFECTION OF THE LUNGS THAT CAN BE CAUSED BY THE BACTERIA CALLED PNEUMOCOCCUS. THIS BACTERIA CAN CAUSE OTHER TYPES OF INFECTIONS TOO, SUCH AS EAR INFECTIONS, SINUS INFECTIONS AND SEPSIS.

HEPATITIS B IS AN INFECTION OF THE LIVER CAUSED BY HEPATITIS B VIRUS. THE VIRUS SPREADS THROUGH EXCHANGE OF BLOOD OR OTHER BODY FLUIDS AND STAYS IN THE LIVER OF SOME PEOPLE FOR THE REST OF THEIR LIVES AND CAN RESULT IN SEVERE LIVER DISEASES, INCLUDING FATAL CANCER.

THESE DISEASES AND OTHERS CAN BE PREVENTED THROUGH VACCINATIONS PROVIDED AT NO COST TO TRICARE BENEFICIARIES. VISIT [TRICARE.MIL/VACCINE](http://TRICARE.MIL/VACCINE) TO SEE WHICH VACCINES ARE COVERED AT PARTICIPATING TRICARE RETAIL NETWORK PHARMACIES. MAKE SURE TO CALL THE PHARMACY BEFORE YOU VISIT TO MAKE SURE THEY HAVE THE VACCINE IN STOCK.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

-----

BEFORE STARTING SCHOOL THIS FALL, YOUR CHILD MAY NEED TO VISIT THE DOCTOR FOR A SCHOOL PHYSICAL. THESE ANNUAL PHYSICALS HELP MAKE SURE CHILDREN START THE SCHOOL YEAR IN GOOD HEALTH, WITH UP-TO-DATE

IMMUNIZATIONS. FOR CHILDREN AGES 5–11, TRICARE COVERS ANNUAL PHYSICALS AND IMMUNIZATIONS REQUIRED FOR SCHOOL ENROLLMENT. TRICARE ALSO COVERS WELL-CHILD CARE FOR ELIGIBLE CHILDREN FROM BIRTH UNTIL REACHING AGE 6. THE WELL-CHILD BENEFIT INCLUDES ROUTINE NEWBORN CARE, COMPREHENSIVE HEALTH-PROMOTION AND DISEASE-PREVENTION EXAMS, VISION AND HEARING SCREENINGS AND ROUTINE IMMUNIZATIONS AND DEVELOPMENTAL ASSESSMENTS ACCORDING TO THE AMERICAN ACADEMY OF PEDIATRICS. THERE ARE NO COPAYMENTS OR COST-SHARES FOR WELL-CHILD CARE.

TRICARE DOES NOT COVER SPORTS OR CAMP PHYSICALS. IF YOUR CHILD NEEDS A SPORTS OR CAMP PHYSICAL, YOU MAY BE REQUIRED TO SUBMIT A *REQUEST FOR NON-COVERED SERVICES* FORM TO YOUR HEALTH CARE PROVIDER. COMPLETING THIS FORM SHOWS THAT YOU KNOW YOU WILL BE PAYING FOR THE NON-COVERED SERVICE.

LEARN MORE ABOUT TRICARE'S SCHOOL-PHYSICAL COVERAGE, VISIT [TRICARE.MIL/BACKTOSCHOOL](http://TRICARE.MIL/BACKTOSCHOOL).

-----

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

TAIL MUSIC (:03)