

TRICARE BENEFICIARY BULLETIN – OCTOBER 19, 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 AUSTIN CAMACHO. (:10)

FIRST UP: ANNEMARIE FELICIO REPORTS ON ADDING AN APP TO ACCESS TRICARE PHARMACY BENEFITS.

TRICARE BENEFICIARIES HAVE NEW PHARMACY OPTIONS AVAILABLE AND ACCESSIBLE IN THE PALM OF THEIR HAND JUST BY USING TRICARE PHARMACY CONTRACTOR EXPRESS SCRIPT'S ENHANCED MOBILE APPLICATION. THE NEW ADDITIONS LET BENEFICIARIES USE THEIR SMARTPHONE TO SAFELY AND SECURELY MANAGE THEIR TRICARE PHARMACY BENEFIT.

THE UPDATED APP INCLUDES MEDICATION REMINDERS AND AN ACCOUNT REGISTRATION TOOL. THE REMINDER FEATURE GIVES BENEFICIARIES THE OPTION TO SET UP DAILY ALERTS TO MAKE SURE THEY TAKE THEIR MEDICATIONS AS PRESCRIBED AND DON'T SKIP A DOSE. THE ACCOUNT REGISTRATION FEATURE LETS BENEFICIARIES CREATE THEIR EXPRESS SCRIPTS ACCOUNT RIGHT ON THEIR SMART PHONE.

CURRENTLY, THE EXPRESS RX APP AND MOBILE-OPTIMIZED WEBSITE ALLOW BENEFICIARIES TO REGISTER FOR TRICARE PHARMACY HOME DELIVERY AND CHANGE CURRENT PRESCRIPTIONS OVER TO HOME DELIVERY. THEY CAN ALSO ORDER HOME DELIVERY REFILLS AND CHECK ORDER STATUS. ANOTHER FEATURE LETS BENEFICIARIES LOOK UP INFORMATION ON THEIR CURRENT PRESCRIPTIONS. FOR GPS-ENABLED SMART PHONES, THE APP CAN DIRECT BENEFICIARIES TO THE NEAREST NETWORK RETAIL PHARMACY.

SMARTPHONE USERS CAN DOWNLOAD THE APP FOR FREE BY GOING TO EXPRESS-SCRIPTS.COM/MOBILE. THE MOBILE-OPTIMIZED PHARMACY WEBSITE IS ACCESSIBLE AT [HTTP://M.ESRX.COM](http://M.ESRX.COM).

FOR MORE INFORMATION ABOUT TRICARE PHARMACY PROGRAM, VISIT TRICARE.MIL/PHARMACY.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

AS THE HEALTH CARE PROGRAM FOR MORE THAN 9.7 MILLION UNIFORMED SERVICE MEMBERS AND THEIR FAMILIES WORLDWIDE, TRICARE PROVIDES INFORMATION TO BENEFICIARIES IN MANY WAYS. AS THE NEEDS AND WANTS OF BENEFICIARIES EVOLVE SO DO TRICARE'S COMMUNICATION EFFORTS.

WITH CUTTING EDGE TECHNOLOGY, PEOPLE CAN STAY UP-TO-DATE ON NEWS AROUND THE WORLD WITH THE USE OF PORTABLE ELECTRONICS. TRICARE HAS EXPANDED THEIR COMMUNICATION OUTLETS TO KEEP BENEFICIARIES INFORMED OF THEIR BENEFIT NO MATTER THEIR PREFERRED TECHNOLOGY. TODAY, BENEFICIARIES CAN SURF THE TRICARE.MIL WEBSITE, FOLLOW TRICARE TWEETS THROUGH TWITTER, CHOOSE TO BE A FAN ON FACEBOOK AND SIGN UP FOR E-ALERTS THROUGH GOV DELIVERY.

THE MEDIA CENTER SERVES AS THE HUB TO ACCESS ALL COMMUNICATION OUTLETS ON THE TRICARE BENEFIT. IT FEATURES NEWS RELEASES, PODCASTS AND WAYS FOR BENEFICIARIES TO CONNECT WITH TRICARE. BENEFICIARIES CAN ALSO ENTER THEIR EMAIL ADDRESS AND SUBSCRIBE TO BENEFIT UPDATES. SEE WHAT THE MEDIA CENTER HAS TO OFFER BY VISITING TRICARE.MIL/MEDIACENTER.

STAY UP-TO-DATE WITH TRICARE BY CONNECTING TO ANY AND ALL OF THE COMMUNICATION OUTLETS. GET STARTED NOW AT TRICARE.MIL!

FINALLY: LORRAINE CWIEKA REPORTS ON ORAL HEALTH TIPS FOR HALLOWEEN AND YEAR-ROUND.

TRICK OR TREAT! IT'S THAT TIME OF YEAR AGAIN, WHEN KIDS LOOK FORWARD TO HALLOWEEN SWEETS AND PARENTS WORRY ABOUT THE DAMAGE SUGAR DOES TO THEIR KIDS' TEETH. TRICARE REMINDS BENEFICIARIES THAT BRUSHING AND FLOSSING AFTER EATING SUGARY TREATS IS THE BEST WAY TO KEEP CAVITIES AWAY AND MAINTAIN THEIR CHILD'S ORAL HEALTH, HALLOWEEN AND YEAR-ROUND.

EVEN THOUGH THE ORAL HEALTH OF CHILDREN HAS IMPROVED SIGNIFICANTLY OVER THE PAST FEW DECADES, TOOTH DECAY STILL AFFECTS CHILDREN IN THE UNITED STATES MORE THAN ANY OTHER CHRONIC INFECTIOUS DISEASE. UNTREATED, TOOTH DECAY CAUSES PAIN AND INFECTIONS THAT MAY LEAD TO PROBLEMS EATING AND SPEAKING.

THE GOOD NEWS IS THAT TOOTH DECAY IS PREVENTABLE. THE COMBINATION OF DENTAL SEALANTS AND FLUORIDE HAS THE POTENTIAL TO NEARLY ELIMINATE TOOTH DECAY IN SCHOOL-AGE CHILDREN. DENTAL SEALANTS ARE THIN COATINGS THAT ARE APPLIED TO THE GROOVES ON THE CHEWING SURFACES OF THE BACK TEETH TO PROTECT THEM FROM TOOTH DECAY. MOST TOOTH DECAY IN CHILDREN AND TEENS OCCURS ON THESE SURFACES. SEALANTS PROTECT THE CHEWING SURFACES FROM TOOTH DECAY BY KEEPING GERMS AND FOOD PARTICLES OUT OF THESE GROOVES. FLUORIDE HELPS STRENGTHEN TEETH, WHICH IN TURN HELPS KEEP THEM FREE OF CAVITIES AND

DECAY. IT IS A NATURAL SUBSTANCE CONTAINED IN TOOTHPASTE,
MOUTHWASH, AND IN SOME CITIES, WATER.

FOR INFORMATION ABOUT DENTAL COVERAGE UNDER THE TRICARE DENTAL
PROGRAM, VISIT TRICARE.MIL/TDP.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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

TAIL MUSIC (:03)