

TRICARE BENEFICIARY BULLETIN – June 11 - 666 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: TRICARE OFFERS HELP FOR UNBORN BABIES, AS ANNMARIE FELICIO REPORTS.

THE DEFENSE DEPARTMENT IS COLLABORATING WITH THE NATIONAL INSTITUTE OF CHILD HEALTH AND HUMAN DEVELOPMENT TO OFFER A DEMONSTRATION PROJECT TO TRICARE BENEFICIARIES. THE DEMONSTRATION OFFERS IN-UTERO FETAL SURGICAL REPAIR OF MYELOMENINGOCELE, MORE COMMONLY KNOWN AS SPINA BIFIDA.

TRICARE BENEFICIARIES WHOSE FETUSES HAVE BEEN  
DIAGNOSED WITH SPINA BIFIDA MAY BE ELIGIBLE TO RECEIVE  
PRENATAL AND POSTNATAL SURGICAL INTERVENTION  
THROUGH THIS CLINICAL TRIAL. THE TRIAL TESTS THE SAFETY  
OF INTRAUTERINE REPAIR OF FETAL SPINA BIFIDA AND  
WHETHER NEUROLOGICAL FUNCTIONING IMPROVES IF THE  
REPAIR IS MADE EARLY IN GESTATION.

TO BE ELIGIBLE FOR THE TRIAL, YOU MUST BE AT LEAST 18  
YEARS OLD AND REGISTERED IN DEERS, THE DEFENSE  
ENROLLMENT ELIGIBILITY REPORTING SYSTEM. AND THE BABY  
MUST BE DIAGNOSED WITH SPINA BIFIDA AT 16 TO 25 WEEKS OF  
GESTATION.

BENEFICIARIES ENROLLED IN THE CONTINUED HEALTH CARE  
BENEFIT PROGRAM OR THE FEDERAL EMPLOYEES HEALTH  
BENEFITS PROGRAM ARE NOT ELIGIBLE FOR THE TRIAL.

YOUR REGIONAL CONTRACTOR CAN REFER YOU TO THE STUDY AND PROVIDE PRIOR AUTHORIZATION BEFORE THE INITIAL EVALUATION.

FOR THE TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

-----

NEXT, TRICARE REMINDS YOU THAT HEAT AND ALCOHOL ARE A DANGEROUS COMBINATION. SUMMERTIME IS PACKED WITH OUTDOOR ACTIVITIES IN SWELTERING WEATHER. PEOPLE OFTEN DEAL WITH THE HEAT BY REACHING FOR A COLD BEER OR WINE, BUT EXTREME HEAT AND ALCOHOL CAN BE A RECIPE FOR INJURIES AND ILLNESS.

ALCOHOL LOWERS THE BODY'S TOLERANCE FOR HEAT, SPEEDS UP DEHYDRATION, AND AFFECTS THE BODY'S ABILITY TO REGULATE ITS TEMPERATURE. YOU LOSE NEEDED FLUIDS AND IF THEY ARE NOT REPLACED, DEHYDRATION CAN BE LIFE-THREATENING.

ALCOHOL ALSO RAISES YOUR BLOOD PRESSURE, INCREASING THE RISK OF HEAT-RELATED ILLNESSES LIKE

HYPERTHERMIA AND HEAT STROKE. SIGNS OF DEHYDRATION INCLUDE DRY LIPS AND TONGUE, HEADACHE, WEAKNESS, DIZZINESS, EXTREME FATIGUE, DARK URINE, NAUSEA AND MUSCLE CRAMPS.

ALCOHOL CAN ALSO IMPAIR YOUR JUDGMENT AND INTERFERE WITH THE ABILITY TO MAKE SMART CHOICES. IMPAIRED JUDGMENT CAUSES A LOSS OF INHIBITIONS AND MAY LEAD TO DANGEROUS BEHAVIOR. ALCOHOL ALSO INFLUENCES BALANCE AND COORDINATION AND ITS EFFECTS ARE HEIGHTENED BY SUN EXPOSURE AND HEAT. SO SIMPLE DECISIONS LIKE KNOWING WHEN GET OUT OF THE SUN OR DRINK MORE WATER CAN BE OVERLOOKED.

ALCOHOL USE IS INVOLVED IN NEARLY HALF OF ADOLESCENT AND ADULT DEATHS ASSOCIATED WITH WATER RECREATION AND ABOUT ONE IN FIVE REPORTED BOATING FATALITIES. DON'T BE ONE OF THEM.

-----

AND FINALLY, DOES TRICARE COVER SCHOOL PHYSICALS?  
LORRAINE CWIEKA HAS THE ANSWERS.

SUMMER IS STILL IN FULL SWING, BUT THE FIRST DAY OF SCHOOL WILL BE HERE BEFORE YOU KNOW IT, AND PARENTS WILL BE MAKING APPOINTMENTS FOR THEIR CHILDREN'S SCHOOL PHYSICALS. TRICARE PRIME AND TRICARE STANDARD COVER REQUIRED BACK-TO-SCHOOL PHYSICALS FOR CHILDREN AGES 5–11 YEARS OLD.

A CHILD'S SCHOOL PHYSICAL MAY BE ONE OF THE ONLY TIMES THROUGHOUT THE YEAR THAT DOCTORS SEE SOME OF THEIR YOUNG PATIENTS.

SCHOOL PHYSICALS OFTEN REQUIRE CONFIRMING THE CHILD'S IMMUNIZATIONS ARE UP-TO-DATE. TRICARE COVERS AGE-APPROPRIATE VACCINES PER CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) GUIDELINES TO IMMUNIZE CHILDREN AGAINST COMMON CHILDHOOD DISEASES.

A BENEFICIARY USING TRICARE PRIME OR TRICARE PRIME REMOTE FOR ACTIVE DUTY FAMILY MEMBERS DOES NOT NEED A

REFERRAL OR PRIOR AUTHORIZATION FROM HIS OR HER  
PRIMARY CARE MANAGER TO SEE A NETWORK PROVIDER FOR  
SCHOOL PHYSICALS, IMMUNIZATIONS OR OTHER CLINICAL  
PREVENTIVE SERVICES. IN ADDITION, NO COPAYMENT IS  
REQUIRED FOR THESE SERVICES. REFERRALS FOR SCHOOL  
PHYSICALS ARE ALSO NOT NECESSARY IF A BENEFICIARY USES  
TRICARE STANDARD OR TRICARE EXTRA; HOWEVER, COST-  
SHARES AND DEDUCTIBLES WILL APPLY.

REMEMBER, TRICARE COVERAGE IS ONLY FOR SCHOOL  
PHYSICALS REQUIRED FOR ENROLLMENT, NOT FOR SPORTS  
PHYSICALS.

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)