

TRICARE BENEFICIARY BULLETIN – JUNE 18 - 667 WORDS

(582+QUOTE)

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: THE BENEFICIARY WEB ENROLLMENT PORTAL EARNS HIGH SCORES, AS LORRAINE CWIEKA REPORTS

MORE THAN FOUR-HUNDRED BENEFICIARIES TOOK PART IN A RECENT EVALUATION OF TRICARE'S BENEFICIARY WEB ENROLLMENT WEB SITE AND GAVE IT A VERY FAVORABLE RATING. EIGHTY-ONE PERCENT OF BENEFICIARIES WHO PARTICIPATED IN THE SURVEY SAID THEY WERE LIKELY TO USE THE SITE AGAIN, AND 78 PERCENT SAID THEY WERE LIKELY TO RECOMMEND THE WEB SITE TO OTHER TRICARE BENEFICIARIES.

BENEFICIARY WEB ENROLLMENT ALLOWS BENEFICIARIES TO ENROLL OR DISENROLL FROM TRICARE PRIME OR TRICARE PRIME REMOTE, REQUEST ENROLLMENT CARDS, UPDATE PERSONAL INFORMATION, CHOOSE OR CHANGE THEIR PRIMARY CARE MANAGER AND UPDATE INFORMATION REGARDING OTHER HEALTH INSURANCE ONLINE FROM THE CONVENIENCE OF THEIR HOME. RETIREES CAN PAY OR SET UP AN ELECTRONIC FUNDS TRANSFER FOR THEIR FIRST QUARTER OR ANNUAL ENROLLMENT.

THE SERVICE IS AVAILABLE FROM ANY COMPUTER. WHEN SURVEYED RESPONDENTS SAID THE TOP TWO REASONS FOR USING THE PORTAL ARE TO UPDATE PERSONAL CONTACT INFORMATION AND SELECT A NEW PRIMARY CARE MANAGER. TO FIND THE BENEFICIARY WEB ENROLLMENT PORTAL, JUST SEARCH "TRICARE WEB ENROLLMENT" ON YOUR COMPUTER.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT, THIS IS MEN'S HEALTH WEEK AND TRICARE REMINDS YOU FELLOWS THAT REDUCING HEALTH RISKS CAN HAVE LONG

LASTING REWARDS.

MANY OF THE DISEASES MEN FACE CAN BE PREVENTED—OR TREATED IF THEY ARE DETECTED EARLY. MEN SHOULD TALK WITH THEIR DOCTORS ABOUT WHICH TESTS ARE NEEDED, WHEN AND HOW OFTEN TO BE TESTED. COMMANDER JAMES ELLZY, DIRECTOR OF CLINICAL QUALITY FOR TRICARE, SAYS THERE ARE SOME TESTS MOST MEN SHOULD GET.

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(0:20) IT'S MOSTLY WHAT THE GENERAL POPULATION SHOULD HAVE IN TERMS OF BLOOD PRESSURE SCREENING, IN TERMS OF LIPID AND CHOLESTEROL SCREENING, DOING COLORECTAL CANCER SCREENING AT A CERTAIN AGE . IT USED TO BE THAT WE TALKED ABOUT DOING PROSTATE SCREENING AND THEY'VE ACTUALLY SAID THAT MAYBE WE'RE DOING A LITTLE BIT MORE HARM THAN GOOD BECAUSE WHEN YOU LOOKED AT THE TREATMENT MOST PEOPLE WOULD PROBABLY NOT DIE FROM THE PROSTATE CANCER SO THE ROUTINE SCREENING WE USED TO DO WITH THE PSA IS NO LONGER RECOMMENDED FOR ALL MEN. IF YOU'RE AT A HIGHER RISK THOUGH THERE'S STILL THE RECOMMENDATION TO GO ON AND GET THAT TEST." (:30)

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SCREENINGS FOR PROSTATE CANCER, COLON CANCER, AND
CARDIOVASCULAR DISEASE ARE ALL COVERED BY TRICARE.

HEART DISEASE AND CANCER ARE THE LEADING CAUSES OF
DEATH FOR MEN. A HEALTHY LIFESTYLE CAN HELP YOU LIVE A
LONGER, HAPPIER AND HEALTHIER LIFE.

SO EAT RIGHT AND MAINTAIN A HEALTHY WEIGHT. GET
ACTIVE. DON'T SMOKE. IF YOU USE ALCOHOL, DRINK IN
MODERATION. AND TALK TO YOUR PRIMARY CARE MANAGER.
HE OR SHE CAN HELP YOU ASSESS YOUR HEALTH
MAINTENANCE.

AND FINALLY, ANN MARIE FELICIO HAS A REMINDER ABOUT
IMMUNIZATIONS.

THE SUMMER TRAVEL SEASON IS SHIFTING INTO HIGH-GEAR.
TRICARE REMINDS BENEFICIARIES CHOOSING OVERSEAS
LOCATIONS TO MAKE SURE THEIR IMMUNIZATIONS ARE UP-TO-
DATE.

WHEN IT COMES TO SUGGESTED TRAVEL IMMUNIZATIONS, THE
CENTERS FOR DISEASE CONTROL AND PREVENTION HAVE

THREE CATEGORIES: ROUTINE; RECOMMENDED AND REQUIRED.

ROUTINE VACCINATIONS PROTECT AGAINST DISEASES THAT ARE UNCOMMON IN THE U.S. BUT COMMON IN OTHER PARTS OF THE WORLD. **RECOMMENDED** VACCINATIONS GUARD TRAVELERS AGAINST ILLNESSES FOUND IN OTHER PARTS OF THE WORLD SO THEY DON'T BRING THESE DISEASES BACK HOME. **REQUIRED** VACCINATIONS ARE CERTIFIED ON A TRAVELER'S IMMUNIZATION CARD TO SHOW A RECORD OF THE VACCINE AT CUSTOMS BEFORE ENTERING THE COUNTRY.

THE NECESSARY IMMUNIZATIONS DEPEND ON A VARIETY OF FACTORS SUCH AS YOUR AGE, HEALTH STATUS, PAST IMMUNIZATIONS AND DESTINATION.

IF YOU HAVE OVERSEAS TRAVEL PLANS, TALK WITH YOUR PRIMARY CARE MANAGER TO DETERMINE EXACTLY WHICH IMMUNIZATIONS YOU'LL NEED. IT'S BEST TO SCHEDULE THE VISIT FOUR TO SIX WEEKS BEFORE TRAVELING, AS MANY IMMUNIZATIONS TAKE TIME TO EFFECTIVELY GUARD AGAINST

DISEASES, AND SOME MAY REQUIRE A SERIES OF
VACCINATIONS.

IMMUNIZATIONS FOR ACTIVE DUTY FAMILY MEMBERS WHOSE
SPONSORS HAVE PERMANENT CHANGE OF STATION ORDERS TO
OVERSEAS LOCATIONS ARE ALSO COVERED.

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

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

TAIL MUSIC (:03)