

TRICARE BENEFICIARY BULLETIN – JUNE 25 - 668 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: SOME BENEFICIARIES MAY WANT TO WAIVE TRICARE ACCESS STANDARDS.

IF YOU ARE A NON-ACTIVE DUTY TRICARE BENEFICIARY USING TRICARE PRIME, ASSIGNMENT OF A PRIMARY CARE MANAGER AT A MILITARY FACILITY IS DETERMINED BY PROVIDER AVAILABILITY AND THE HOSPITAL'S POLICY FOR THE TRICARE PRIME SERVICE AREA.

TRICARE'S ACCESS STANDARDS STATE THAT YOUR PRIMARY CARE MANAGER SHOULD NOT BE MORE THAN A 30 MINUTE DRIVE FROM YOUR HOME. SO IF YOU ARE A NON-ACTIVE DUTY

BENEFICIARY AND LIVE MORE THAN 30 MINUTES FROM THE MILITARY HOSPITAL WHERE YOU WANT TO ENROLL, YOU'LL HAVE TO WAIVE TRICARE'S ACCESS STANDARDS. IF YOU'RE ALREADY ENROLLED YOU MAY HAVE RECEIVED A LETTER FROM YOUR MANAGED CARE CONTRACTOR ASKING IF YOU HAVE A WAIVER ON FILE.

IF NOT, YOU CAN ENROLL THROUGH THE BENEFICIARY WEB ENROLLMENT WEB SITE AND CONFIRM THAT YOU WAIVE YOUR ACCESS STANDARDS. OR, SUBMIT A *TRICARE PRIME ENROLLMENT APPLICATION AND PCM CHANGE FORM* AND SIGN SECTIONS V AND VI. YOU'LL NEED THE MILITARY HOSPITAL TO APPROVE YOUR WAIVER REQUEST.

IF YOUR REQUEST IS INITIALLY DENIED YOU MAY BE ABLE TO ENROLL AT ANOTHER MILITARY HOSPITAL, ENROLL WITH A CIVILIAN PRIMARY CARE MANAGER, OR ENROLL IN THE US FAMILY HEALTH PLAN.

ANOTHER OPTION IS TO USE TRICARE STANDARD. AND AS LORRAINE CWIEKA REPORTS, TRICARE STANDARD GIVES YOU THE FREEDOM TO CHOOSE WHAT'S BEST FOR YOU AND YOUR FAMILY.

WHEN IT COMES TO YOUR TRICARE BENEFITS, YOUR FIRST RESPONSIBILITY IS MAKING SURE YOU AND YOUR FAMILY REMAIN ELIGIBLE. THAT MEANS KEEPING YOUR INFORMATION UP TO DATE IN DEERS, THE DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM.

USING TRICARE STANDARD IS EASY. THERE ARE NO ENROLLMENT FEES OR FORMS TO FILL OUT. THERE ARE NO SPECIAL RULES FOR ACCESSING CARE AND REFERRALS ARE NOT REQUIRED. JUST VISIT ANY TRICARE_AUTHORIZED FACILITY, HOSPITAL OR DOCTOR WHENEVER YOU NEED URGENT, ROUTINE, SPECIALTY OR PREVENTIVE CARE.

HOWEVER, THE TYPE OF PROVIDER YOU SEE IMPACTS YOUR OUT_OF_POCKET COSTS AND WHETHER YOU NEED TO FILE A

CLAIM. AND EVEN THOUGH YOU NEVER NEED A REFERRAL, YOU MAY NEED TO GET PRIOR AUTHORIZATION FOR CERTAIN SERVICES IN ORDER TO BE REIMBURSED.

CHECK WITH YOUR MANAGED CARE CONTRACTOR ABOUT THE PROCESS FOR FILING A CLAIM AND ABOUT HOW TRICARE STANDARD WORKS WITH OTHER HEALTH INSURANCE PLANS.

IN ADDITION TO OUTSTANDING MEDICAL COVERAGE, TRICARE OFFERS WORLD_CLASS PHARMACY AND DENTAL BENEFITS WITH A NUMBER OF FLEXIBLE OPTIONS FOR YOU AND YOUR FAMILY.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

AND FINALLY, ANN MARIE FELICIO REMINDS YOU TO START EARLY ON **YOUR CHILD'S DENTAL HEALTH.**

ORAL DECAY IS THE SINGLE MOST COMMON CHRONIC CHILDHOOD DISEASE. MORE THAN 51 MILLION SCHOOL HOURS ARE LOST EACH YEAR DUE TO ORAL HEALTH-RELATED ILLNESSES. HOW CAN YOU HELP STEM THIS TIDE? MAKE SURE YOUR CHILDREN KNOW THE IMPORTANCE OF GOOD ORAL HYGIENE, AND HELP THEM TAKE CARE OF THEIR TEETH UNTIL THEY CAN DO IT THEMSELVES.

A CHILD'S FIRST TEETH START COMING IN BETWEEN 6 MONTHS AND 12 MONTHS OF AGE. CLEAN THESE FIRST FEW TEETH BY WIPING THEM WITH A MOIST WASHCLOTH. AS YOUR CHILD GETS MORE TEETH, YOU CAN USE A SOFT CHILD'S TOOTHBRUSH.

A CHILD'S FIRST VISIT TO THE DENTIST SHOULD BE WHEN THE FIRST TOOTH COMES IN. CHILDREN CAN DEVELOP DENTAL HABITS VERY EARLY, AND STARTING THEM OFF WITH THE RIGHT HABITS HELPS THEM GROW UP WITH HEALTHY SMILES.

FOR GOOD ORAL HYGIENE:

BRUSH AT LEAST TWICE A DAY.

FLOSS DAILY.

EAT HEALTHY, NUTRITIOUS FOODS AND LIMIT SUGARY DRINKS.

GET REGULAR DENTAL CHECKUPS AND CLEANINGS.

GET FLUORIDE TREATMENTS TWICE A YEAR.

AND NEVER PUT A BABY TO BED WITH A BOTTLE; IT CAN CAUSE
TOOTH DECAY.

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)