

TRICARE BENEFICIARY BULLETIN #23 – JULY 9 - 669 WORDS (612)

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 EXTENDS THE REACH OF BEHAVIORAL HEALTH CARE SERVICES THROUGH TELE-MEDICINE, AS LORRAINE CWIEKA REPORTS.

BEGINNING AUG. 1, TRICARE BENEFICIARIES CAN REACH OUT TO BEHAVIORAL HEALTH PROVIDERS THROUGH TRICARE'S NEW TELE-MENTAL HEALTH NETWORK.

THE TELE-MENTAL HEALTH DEMONSTRATION PROGRAM WILL BE AVAILABLE IN THE UNITED STATES TO ACTIVE DUTY SERVICE MEMBERS AND THEIR FAMILIES, THOSE ELIGIBLE FOR TAMP - THE TRANSITIONAL ASSISTANCE MANAGEMENT

PROGRAM - AND THOSE WHO PURCHASE TRICARE RESERVE
SELECT.

TRICARE'S REGIONAL CONTRACTORS WILL ESTABLISH TELE-
MENTAL HEALTH SITES IN EACH MILITARY TREATMENT
FACILITY PRIME SERVICE AREA AND AT LEAST ONE OTHER
LOCATION WHERE THERE IS A NEED FOR TELE-MENTAL HEALTH
SERVICES.

BENEFICIARIES CAN USE TRICARE'S TELE-MENTAL HEALTH
PROGRAM FOR ALL ASPECTS OF BEHAVIORAL HEALTH SERVICES
INCLUDING THERAPY AND MEDICATION MANAGEMENT.

SERVICE MEMBERS AND THEIR FAMILIES HAVE SEVERAL OTHER
BEHAVIORAL HEALTH RESOURCES AVAILABLE EITHER ONLINE
OR BY TELEPHONE. MILITARY ONESOURCE OFFERS UP TO 12
CONFIDENTIAL COUNSELING SESSIONS BY PHONE AND
ADDRESSES SHORT-TERM ISSUES SUCH AS GRIEF AND LOSS, AND
DEPLOYMENT ADJUSTMENT. VISIT MILITARYONESOURCE.COM
FOR MORE. ALSO, THE DEFENSE AND VETERANS BRAIN INJURY

CENTER SERVES ACTIVE DUTY MEMBERS AND VETERANS WITH TRAUMATIC BRAIN INJURY. LEARN MORE AT WWW.DVBIC.ORG .

FOR THE TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT, TRICARE STANDARD GIVES YOU THE FLEXIBILITY TO USE ANY TRICARE_AUTHORIZED PROVIDER. YOU SHOULD UNDERSTAND THE TYPES OF PROVIDERS YOU CAN CHOOSE. NETWORK PROVIDERS HAVE MET SPECIAL CREDENTIALING STANDARDS. IF YOU GET CARE FROM A NETWORK PROVIDER, YOU'LL BE USING THE TRICARE EXTRA OPTION AND WILL PAY LOWER COST_SHARES. AND NETWORK PROVIDERS ARE REQUIRED TO FILE CLAIMS ON YOUR BEHALF.

NON_NETWORK PROVIDERS HAVE NO NETWORK CONTRACTUAL RELATIONSHIP WITH THE REGIONAL CONTRACTOR BUT ARE AUTHORIZED TO PROVIDE CARE TO TRICARE BENEFICIARIES.

NON_NETWORK PROVIDERS CAN CHOOSE TO BE “PARTICIPATING” OR “NONPARTICIPATING. PARTICIPATING NON_NETWORK PROVIDERS ACCEPT TRICARE REIMBURSEMENT RATES AS PAYMENT IN FULL AND THEY SUBMIT CLAIMS TO TRICARE FOR YOU. HOWEVER, YOU’RE STILL RESPONSIBLE FOR APPLICABLE COST_SHARES.

NONPARTICIPATING NON_NETWORK PROVIDERS DO NOT ACCEPT TRICARE REIMBURSEMENT RATES AS PAYMENT IN FULL. YOU’LL MOST LIKELY HAVE TO PAY THE PROVIDER FIRST AND THEN FILE YOUR OWN CLAIM WITH TRICARE FOR REIMBURSEMENT. ALSO, NONPARTICIPATING PROVIDERS MAY CHARGE UP TO 15 PERCENT ABOVE THE TRICARE_ALLOWABLE CHARGE. THIS AMOUNT WON’T BE REIMBURSED WHEN YOU FILE YOUR CLAIM.

NON_AUTHORIZED PROVIDERS ARE NOT AUTHORIZED TO PROVIDE CARE TO TRICARE BENEFICIARIES. IF YOU GET CARE FROM A NON_AUTHORIZED PROVIDER, YOU ARE RESPONSIBLE FOR THE ENTIRE BILL.

TO CHECK A PROVIDER'S STATUS, CALL YOUR REGIONAL CONTRACTOR.

AND FINALLY, ANN MARIE FELICIO REMINDS US TO STAY SAFE IN THE SUMMER SUN.

IN SUMMER IT'S IMPORTANT TO PROTECT EXPOSED SKIN FROM THE SUN'S DAMAGING RAYS. WHETHER YOU'RE GOING TO THE BEACH, PICNICKING OR RIDING BIKES, TRICARE ENCOURAGES YOU TO PROTECT YOURSELF WHEN YOU'RE OUTSIDE.

SUNBURNS CAN INCREASE THE RISK OF SKIN CANCER, THE MOST COMMON FORM OF CANCER IN THE UNITED STATES.

THE SUN'S ULTRAVIOLET OR UV RADIATION IS AT ITS PEAK IN LATE SPRING AND EARLY SUMMER IN NORTH AMERICA, AND IT'S THERE EVEN ON CLOUDY, HAZY DAYS. THE HOURS BETWEEN 10 A.M. AND 4 P.M. ARE THE MOST HAZARDOUS FOR UV EXPOSURE.

TO PROTECT SKIN FROM DAMAGING UV RAYS, APPLY SUN
SCREEN WITH AT LEAST SPF 15. PROTECTIVE CLOTHING, SUCH
AS WIDE-BRIMMED HATS, LONG-SLEEVED SHIRTS AND LONG
PANTS ALSO HELP.

EVERYONE SHOULD WEAR SUNGLASSES THAT PROVIDE 99 TO
100 PERCENT UV RAY PROTECTION.

TO HELP BENEFICIARIES CATCH POTENTIAL PROBLEMS EARLY,
TRICARE COVERS SKIN CANCER SCREENING EXAMS FOR
INDIVIDUALS WITH A FAMILY OR PERSONAL HISTORY OF SKIN
CANCER, INCREASED OCCUPATIONAL OR RECREATIONAL
EXPOSURE TO SUNLIGHT OR CLINICAL EVIDENCE OF
PRECURSOR LESIONS.

TRICARE WANTS ALL BENEFICIARIES TO HAVE SAFE FUN IN THE
SUN.

FOR 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)