

TRICARE BENEFICIARY BULLETIN – JULY 23 - 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: E-CIGARETTES COULD BE A RISKY CHOICE, AS LORRAINE CWIEKA REPORTS.

IT'S HARD TO MISS THE ONSLAUGHT OF ADS FOR A NEW PRODUCT THAT LETS PEOPLE CONTINUE TO SMOKE WITHOUT ALL THE DANGERS OF SMOKING. THE MAKERS OF ELECTRONIC CIGARETTE, OR E-CIGARETTES, ARE MARKETING THEIR PRODUCT AS IF IT'S A MIRACLE. BUT IS IT?

ELECTRONIC CIGARETTES CONTAIN LIQUID NICOTINE, WHICH IS HIGHLY ADDICTIVE. IN FACT, RESEARCH SHOWS NICOTINE IS AS ADDICTIVE AS HEROIN. E-CIGARETTES ARE BEING ADVERTISED

AS A LEGITIMATE ALTERNATIVE TO SMOKING, BUT PUBLIC HEALTH OFFICIALS ARE SKEPTICAL. BEFORE SMOKERS GO ELECTRONIC, THEY NEED TO CONSIDER THAT THESE NICOTINE DELIVERY DEVICES ARE NOT APPROVED BY THE FOOD AND DRUG ADMINISTRATION FOR EFFECTIVENESS OR SAFETY. THERE ARE PROVEN AND SAFE ALTERNATIVES FOR NICOTINE REPLACEMENT THERAPY TO HELP TOBACCO USERS STOP SMOKING AND USING SMOKELESS TOBACCO, SUCH AS THE PATCH AND GUM, BOTH OF WHICH ARE FDA APPROVED AND SAFE WHEN USED ACCORDING TO DIRECTIONS. ACTIVE-DUTY PERSONNEL CAN LEARN MORE ABOUT THESE FROM THEIR INSTALLATION HEALTH CARE PROFESSIONALS. AND THERE ARE EXCELLENT ONLINE TOOLS TO SUPPORT A TOBACCO-FREE LIFESTYLE AT WWW.UCANQUIT2.ORG, THE ONLINE HEADQUARTERS FOR THE DEFENSE DEPARTMENT'S TOBACCO CESSATION CAMPAIGN, "QUIT TOBACCO—MAKE EVERYONE PROUD."

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA

NEXT, A REMINDER THAT TRICARE STANDARD LET'S YOU MANAGE YOUR HEALTH CARE BY NOT REQUIRING REFERRALS. HOWEVER, SOME SERVICES MAY REQUIRE PRIOR AUTHORIZATION.

A REFERRAL IS A RECOMMENDATION FROM YOUR HEALTH CARE PROVIDER TO SEE ANOTHER PROVIDER, A SPECIALIST, BECAUSE THE REFERRING PROVIDER IS NOT QUALIFIED TO PROVIDE THE NEEDED SERVICE. WITH TRICARE STANDARD, YOU MAY SEE ANY TRICARE AUTHORIZED PROVIDER AT ANY TIME FOR ROUTINE OR SPECIALTY CARE WITHOUT A REFERRAL.

FOR EXAMPLE, IF YOU ARE INJURED, YOU CAN JUST CALL AN ORTHOPEDIC SPECIALIST DIRECTLY AND MAKE AN APPOINTMENT.

ALTHOUGH REFERRALS ARE NOT REQUIRED, SOME RECOMMENDED SERVICES OR PROCEDURES MAY REQUIRES PRIOR AUTHORIZATION. PRIOR AUTHORIZATION IS THE PROCESS

OF REVIEWING A SERVICE OR PROCEDURE TO DETERMINE WHETHER IT IS MEDICALLY NECESSARY AT THE LEVEL OF CARE REQUESTED. PRIOR AUTHORIZATION IS ALWAYS REQUIRED FOR ADJUNCTIVE DENTAL SERVICES, HOME HEALTH SERVICES, HOSPICE CARE, NONEMERGENCY INPATIENT BEHAVIORAL HEALTH CARE, NONEMERGENCY INPATIENT ADMISSIONS FOR SUBSTANCE USE DISORDERS, OUTPATIENT BEHAVIORAL HEALTH CARE AFTER THE EIGHTH VISIT IN A YEAR, TRANSPLANTS AND TRICARE EXTENDED CARE HEALTH OPTION, OR ECHO SERVICES.

IF YOU SEE A NETWORK PROVIDER, HE WILL COORDINATE THE AUTHORIZATION WITH YOUR REGIONAL CONTRACTOR.

ADDITIONAL AUTHORIZATION RULES MAY APPLY, SO IT IS BEST TO CALL YOUR REGIONAL CONTRACTOR.

AND FINALLY, ANN MARIE FELICIO REMINDS US THAT **YOUTH SPORTS CAN HELP FIGHT OBESITY**

THIS IS NATIONAL YOUTH SPORTS WEEK SO IT'S A GREAT TIME TO PROMOTE SPORTS INVOLVEMENT FOR CHILDREN. SPORTS ARE NOT ONLY FUN BUT THEY ARE ALSO A BIG HELP IN THE FIGHT AGAINST OBESITY. OBESITY CAN LEAD TO SEVERAL HEALTH CONCERNS, INCLUDING DIABETES, HIGH BLOOD PRESSURE, SLEEP APNEA, ASTHMA, DEPRESSION AND ORTHOPEDIC CONDITIONS.

TWO MAIN FACTORS CONTRIBUTE TO OBESITY: NUTRITION AND PHYSICAL ACTIVITY. DECREASING CALORIE CONSUMPTION AND INCREASING PHYSICAL ACTIVITY IS THE SIMPLE "RECIPE" FOR WEIGHT LOSS.

MILITARY MORALE, WELFARE AND RECREATION CENTERS OFFER ACTIVITIES FROM TEAM SPORTS LIKE BASKETBALL AND BASEBALL TO MARTIAL ARTS, GYMNASTICS, SWIMMING AND ICE SKATING.

AND, TRICARE IS THERE TO HELP GET KIDS GET IN THE GAME SAFELY. FOR INSTANCE, COSTS FOR ATHLETIC MOUTH GUARDS ARE PARTIALLY COVERED FOR FAMILY MEMBERS ENROLLED IN TRICARE DENTAL PROGRAM. MOUTH GUARDS HELP PREVENT MOUTH AND JAW INJURIES AND SHOULD BE PART OF AN ATHLETE'S STANDARD EQUIPMENT FROM AN EARLY AGE.

BENEFICIARIES MAY ALSO BE ELIGIBLE FOR EDUCATION COUNSELING FOR NUTRITION; PHYSICAL ACTIVITY AND EXERCISE. AS ALWAYS, CHECK WITH YOUR PRIMARY CARE MANAGER ABOUT TRICARE COVERED BENEFITS BEFORE SEEKING TREATMENT.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANN MARIE FELICIO.

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

TAIL MUSIC (:03)