

TRICARE BENEFICIARY BULLETIN – AUGUST 13 - 670 WORDS (578)

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: IT IS WISE TO IMMUNIZE, AS LORRAINE CWIEKA REPORTS.

AUGUST IS IMMUNIZATION AWARENESS MONTH AND CHILDREN ARE USUALLY THE FOCUS OF VACCINATION CAMPAIGNS BUT IT IS IMPORTANT FOR INFANTS AND NEW MOTHERS, SENIOR CITIZENS, AND SCHOOL-AGED CHILDREN TO GET VACCINATED.

MOST PARENTS ARE AWARE THAT THE CENTER FOR DISEASE CONTROL AND PREVENTION OR CDC, RECOMMENDS A SERIES OF VACCINATIONS FOR INFANTS. TO BEST PROTECT MOTHER AND

CHILD, THE CDC RECOMMENDS ALL NEW MOTHERS RECEIVE THE PERTUSSIS OR DTAP IMMUNIZATION.

ALTHOUGH THE PNEUMOCOCCAL VACCINATION IS OFTEN RECOMMENDED FOR YOUNG CHILDREN, THE CDC RECOMMENDS IT FOR ANYONE 65 PLUS OR FOR SEVERE ASTHMATICS AND SMOKERS. THE SHINGLES VACCINE IS HIGHLY RECOMMENDED FOR OLDER ADULTS.

FOR BACK TO SCHOOL, BE SURE TO CHECK YOUR SCHOOL'S REQUIREMENTS. IN ADDITION TO THE REQUIRED IMMUNIZATIONS, THE CDC RECOMMENDS THAT YOUNG TEENAGE GIRLS RECEIVE THE HPV VACCINATION TO PREVENT HPV AND MANY FORMS OF CERVICAL CANCER.

TRICARE COVERS AGE-APPROPRIATE DOSES OF VACCINES RECOMMENDED BY THE CDC AND YOU CAN VISIT YOUR PROVIDER TO DETERMINE IF THE IMMUNIZATION YOU NEED IS COVERED. FOR MORE INFORMATION, VISIT

WWW.VACCINES.MIL.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT, SUMMER IS STILL IN FULL SWING, BUT THE FIRST DAY OF SCHOOL WILL BE HERE BEFORE YOU KNOW IT. IF YOU HAVEN'T ALREADY SCHEDULED APPOINTMENTS FOR YOUR CHILDREN'S SCHOOL PHYSICALS, NOW IS THE TIME TO DO IT.

TRICARE PRIME AND TRICARE STANDARD COVER REQUIRED BACK-TO-SCHOOL PHYSICALS FOR CHILDREN AGES 5 TO 11 YEARS AS A CLINICAL PREVENTIVE SERVICE. SPORTS PHYSICALS ARE NOT A TRICARE-COVERED BENEFIT.

A SCHOOL PHYSICAL MAY BE ONE OF THE ONLY TIMES THROUGHOUT THE YEAR YOUR CHILD SEES A DOCTOR. BECAUSE OF THIS, THE AMERICAN ACADEMY OF PEDIATRICS SUGGESTS PROVIDERS USE A CHILD'S YEARLY SCHOOL PHYSICAL AS AN OPPORTUNITY TO BUILD AND ADD TO HIS OR HER COMPLETE MEDICAL HISTORY. THIS CAN HELP ENSURE YOUR CHILD'S PROGRESS AND DEVELOPMENT OVER TIME ARE

MONITORED AND POTENTIAL EMERGING PROBLEMS ARE DETECTED.

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

IF YOUR CHILD ONLY REQUIRES A SPORTS PHYSICAL, YOUR PROVIDER MAY ASK YOU TO COMPLETE A REQUEST FOR NON-COVERED SERVICES FORM. BY COMPLETING IT, YOU ACKNOWLEDGE THAT YOU WILL PAY FOR THE NON-COVERED SERVICE.

FOR MORE INFORMATION, VISIT
WWW.TRICARE.MIL/MYBENEFIT.

AND FINALLY, LORRAINE CWIEKA REMINDS US TO GET TO KNOW OUR DOCTOR.

YOU MADE IT THROUGH YOUR LATEST MILITARY MOVE. NOW IT IS TIME TO GET YOUR MEDICAL AFFAIRS IN ORDER. HOPEFULLY YOU GOT COPIES OF YOUR MEDICAL RECORDS BEFORE YOUR MOVE, HAVE SUBMITTED YOUR TRICARE PRIME ENROLLMENT APPLICATION AND HAVE BEEN ASSIGNED A PRIMARY CARE MANAGER OR PCM.

IF YOU ENROLL WITH A PCM AT A MILITARY TREATMENT FACILITY, YOU SHOULDN'T HAVE ANY ISSUES GETTING AN INITIAL APPOINTMENT. HOWEVER, ENROLLING WITH A CIVILIAN PCM DOESN'T AUTOMATICALLY ESTABLISH YOU AS A PATIENT WITH THAT DOCTOR.

TO BE CONSIDERED A PATIENT WITH A CIVILIAN PCM, YOU NEED TO ESTABLISH A RELATIONSHIP WITH HIM OR HER. FIRST, MAKE AN APPOINTMENT WITHIN THE FIRST FEW WEEKS OF YOUR MOVE TO MEET YOUR PCM AND GIVE HIM OR HER AN UNDERSTANDING OF YOUR MEDICAL HISTORY.

SECOND, BRING YOUR COMPLETE MEDICAL RECORDS WITH YOU TO THE APPOINTMENT, ALONG WITH ANY CURRENT MEDICATIONS YOU ARE TAKING. YOUR PCM MAY ALSO HAVE QUESTIONS SUCH AS FAMILY'S MEDICAL HISTORY.

LASTLY, HAVE A LIST OF QUESTIONS IN MIND THAT WILL HELP YOU UNDERSTAND YOUR PERSONAL HEALTH AND FEEL COMFORTABLE WITH YOUR PCM. BE THOROUGH AND DON'T BE AFRAID TO ASK YOUR PCM TO EXPLAIN THINGS TO YOU IN LAYPERSON'S TERMS.

FOR MORE INFORMATION ABOUT MOVING WITH TRICARE, VISIT WWW.TRICARE.MIL

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

TAIL MUSIC (:03)