

TRICARE BENEFICIARY BULLETIN – AUGUST 20 - 721 WORDS (606)

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: LORRAINE CWIEKA REPORTS ON WOMEN AND HEART DISEASE. ARE YOU AT RISK?

IF YOU THINK THAT BEING FEMALE, YOUNG AND SEEMINGLY HEALTHY WILL PROTECT YOU FROM HEART DISEASE, THINK AGAIN. IT IS THE NUMBER ONE KILLER OF AMERICAN WOMEN AND UNLESS YOU'VE BEEN PERSONALLY AFFECTED, YOU MAY NOT UNDERSTAND YOUR RISK.

HEART DISEASE DESCRIBES THREE ABNORMAL CONDITIONS THAT AFFECT THE HEART AND ITS BLOOD VESSELS. THEY ARE CORONARY ARTERY DISEASE, HEART FAILURE AND HEART

ARRHYTHMIAS. CORONARY ARTERY DISEASE CAUSES THE ARTERIES TO NARROW AND HARDEN, LEADING TO ANGINA AND HEART ATTACK

NUMEROUS FACTORS INFLUENCE WHETHER OR NOT A WOMAN WILL DEVELOP HEART DISEASE AND NOT ALL OF THEM ARE PREVENTABLE. IF YOUR PARENTS OR SIBLINGS HAVE OR HAD HEART DISEASE, YOU ARE AGE 55 OR OLDER, OR HAVE GONE THROUGH MENOPAUSE; YOU'RE AT HIGHER RISK FOR HEART DISEASE.

YOU'RE ALSO MORE LIKELY TO DEVELOP THE DISEASE IF YOU'RE AFRICAN-AMERICAN OR LATINA, ESPECIALLY IF YOU HAVE RISK FACTORS SUCH AS OBESITY, HIGH BLOOD PRESSURE AND DIABETES.

THERE ARE SEVERAL WAYS TO LOWER YOUR RISK OF HEART DISEASE. FOR INSTANCE, KNOW AND CONTROL YOUR BLOOD PRESSURE, HAVE YOUR CHOLESTEROL CHECKED, AVOID SMOKING OR MAINTAIN A HEALTHY WEIGHT.

TO LEARN MORE ABOUT HEART DISEASE, TALK WITH YOUR HEALTH CARE PROVIDER OR VISIT [WWW.4WOMAN.GOV](http://WWW.4WOMAN.GOV) OR [WWW.HEART.ORG](http://WWW.HEART.ORG).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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NEXT, UNDERSTANDING HIGH BLOOD PRESSURE IS IMPORTANT.

THE NATIONAL HEART, LUNG, AND BLOOD INSTITUTE OR NHLBI ESTIMATES ONE IN THREE AMERICAN ADULTS HAVE HIGH BLOOD PRESSURE, OR HYPERTENSION; A CONDITION THAT INCREASES YOUR RISK FOR HEART DISEASE AND STROKE.

WHAT MAKES HIGH BLOOD PRESSURE EVEN MORE DANGEROUS IS THAT IT HAS NO OUTWARD SYMPTOMS, MAKING IT EASILY UNDETECTED. THE ONLY WAY TO KNOW IF YOU HAVE HIGH BLOOD PRESSURE IS TO BE TESTED REGULARLY BY YOUR HEALTH CARE PROVIDER.

BLOOD PRESSURE READINGS RECORD TWO NUMBERS, SYSTOLIC PRESSURE OVER DIASTOLIC PRESSURE. SYSTOLIC PRESSURE OR THE TOP NUMBER, MEASURES PRESSURE AS YOUR HEART BEATS AND DIASTOLIC PRESSURE, OR THE BOTTOM NUMBER, MEASURES PRESSURE AS YOUR HEART RELAXES BETWEEN BEATS.

NORMAL BLOOD PRESSURE FOR ADULTS IS LESS THAN 120 OVER 80. HIGH BLOOD PRESSURE IN AN ADULT IS 140 OVER 90 OR MORE. IF YOUR HEALTH CARE PROVIDER DETERMINES THAT YOU HAVE HIGH BLOOD PRESSURE, THERE ARE TREATMENT OPTIONS.

AN EFFECTIVE FIRST STEP IS A LIFESTYLE CHANGE, SUCH AS LOSING WEIGHT, IF YOU'RE OVERWEIGHT, FOLLOWING A HEALTHY DIET OR MONITORING SALT INTAKE. IF THESE CHANGES DO NOT BRING YOUR HIGH BLOOD PRESSURE DOWN, YOUR PROVIDER MAY PRESCRIBE MEDICATION TO CONTROL IT. IF YOU HAVE ANY QUESTIONS ABOUT HIGH BLOOD PRESSURE, ASK YOUR HEALTH CARE PROVIDER.

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AND FINALLY, ANNEMARIE FELICIO TELLS US HOW TO SAVE  
TIME AND MONEY WITH THE TRICARE MAIL ORDER PHARMACY  
PROGRAM.

SAVE TIME AND MONEY, AND ENROLL IN THE TRICARE MAIL  
ORDER PHARMACY PROGRAM. IT LETS YOU ORDER AND  
RECEIVE YOUR LONG-TERM MAINTENANCE MEDICATIONS AT  
HOME. WITH THE MAIL-ORDER PROGRAM, YOU PAY THE SAME  
COPAYMENT YOU'RE USED TO AT THE RETAIL PHARMACY, BUT  
YOU GET A SUPPLY FOR 90 DAYS INSTEAD OF 30 DAYS. YOUR  
COPAYMENTS FOR A 90-DAY SUPPLY OF MEDICATIONS  
THROUGH THE MAIL-ORDER PROGRAM ARE THREE DOLLARS  
FOR GENERIC DRUGS, NINE DOLLARS FOR BRAND-NAME DRUGS  
AUTHORIZED BY YOUR DOCTOR AND 22 DOLLARS FOR NON-  
FORMULARY GENERIC OR BRAND-NAME DRUGS.

TO USE THE MAIL ORDER PHARMACY, CALL THE MEMBER  
CHOICE CENTER OR MCC AT 1-877-363-1433. A PATIENT CARE  
ADVOCATE WILL WALK YOU THROUGH THE PROCESS, PULL UP

RECORDS, VERIFY INFORMATION, PROCESS YOUR ENROLLMENT AND CONVERT YOUR MEDICATION TO HOME DELIVERY. WITH A FEW CLICKS OF THE MOUSE, YOU CAN LOG ONTO [WWW.EXPRESS-SCRIPTS.COM/TRICARE](http://WWW.EXPRESS-SCRIPTS.COM/TRICARE) AND SWITCH TO THE MAIL-ORDER OPTION.

IF YOU PREFER, PRINT THE ONLINE MAIL-ORDER REGISTRATION FORM, FILL IT OUT AND MAIL IT TO EXPRESS SCRIPTS. TO USE THE MAIL-ORDER PHARMACY OVERSEAS, THE PRESCRIPTION MUST BE FROM A U.S. LICENSED PROVIDER AND YOU MUST HAVE AN APO OR FPO ADDRESS. MEDICATIONS THAT REQUIRE REFRIGERATION CANNOT BE SHIPPED TO APO OR FPO ADDRESSES.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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

TAIL MUSIC (:03)