

TRICARE BENEFICIARY BULLETIN – SEPTEMBER 10 - 744 WORDS

(636)

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: CHOLESTEROL IS A NUMBERS GAME; LORRAINE CWIEKA SAYS, KNOW YOURS.

HIGH BLOOD CHOLESTEROL IS ONE OF THE MAJOR RISK FACTORS FOR HEART DISEASE. SINCE SEPTEMBER IS NATIONAL CHOLESTEROL MONTH, NOW IS A GREAT TIME TO LEARN MORE ABOUT CHOLESTEROL; GET A CHOLESTEROL CHECK AND MAKE A PLAN TO LOWER IT IF YOURS IS TOO HIGH.

THERE ARE "GOOD" AND "BAD" TYPES OF CHOLESTEROL. HIGH-DENSITY LIPOPROTEIN, OR HDL, HELPS KEEP CHOLESTEROL FROM BUILDING UP AND IS CONSIDERED "GOOD" CHOLESTEROL.

LOW-DENSITY LIPOPROTEIN, OR LDL, IS THE MAIN SOURCE OF CHOLESTEROL BUILDUP AND IS CONSIDERED “BAD” CHOLESTEROL.

HIGH CHOLESTEROL DOESN'T HAVE ANY SYMPTOMS AND MANY PEOPLE DON'T KNOW THAT THEIR CHOLESTEROL LEVEL IS TOO HIGH. TRICARE COVERS CHOLESTEROL SCREENING TESTS ONCE EVERY FIVE YEARS BEGINNING AT AGE 18. BENEFICIARIES SHOULD GET TESTED AND, IF THEIR CHOLESTEROL LEVEL IS HIGH, MAKE HEALTHY LIFESTYLE CHANGES.

THERE ARE NUMEROUS PROGRAMS AND SERVICES AVAILABLE TO HELP TRICARE BENEFICIARIES LOWER THEIR CHOLESTEROL LEVEL OR MAINTAIN A LOW LEVEL. AN EXCELLENT FIRST STOP TO MAKE CHANGES IS THE FOOD GUIDE PYRAMID DEVELOPED BY THE U.S. DEPARTMENT OF AGRICULTURE AT [HTTP://WWW.MYPYRAMID.GOV](http://www.mypyramid.gov).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT, TRICARE STANDARD PAYS TO BE PREVENTIVE.

OBTAINING CLINICAL PREVENTIVE SERVICES HELPS PREVENT ILLNESS BEFORE MAJOR HEALTH PROBLEMS OCCUR. SECTION 711 OF THE NATIONAL DEFENSE AUTHORIZATION ACT OF 2009 ENCOURAGES ELIGIBLE TRICARE STANDARD BENEFICIARIES TO USE PREVENTIVE HEALTH SERVICES BY WAIVING ALL COST SHARES FOR CERTAIN TYPES OF THESE SERVICES EFFECTIVE SEPTEMBER FIRST.

THESE SERVICES INCLUDE SCREENINGS FOR COLORECTAL CANCER, BREAST CANCER, CERVICAL CANCER AND PROSTATE CANCER; IMMUNIZATIONS; AND WELL-CHILD VISITS FOR CHILDREN UNDER SIX YEARS OF AGE.

ALSO, FOR ALL BENEFICIARIES OVER AGE SIX, WHEN A VISIT TO A HEALTH CARE PROVIDER INCLUDES ONE OR MORE OF THE BENEFITS THAT I JUST LISTED ABOVE, THE COST SHARE FOR THE VISIT IS WAIVED. HOWEVER, OTHER SERVICES PROVIDED DURING THE SAME VISIT ARE SUBJECT TO COST SHARES AND DEDUCTIBLES.

THE COST SHARE WAIVER APPLIES TO NON-MEDICARE ELIGIBLE, TRICARE STANDARD OR EXTRA BENEFICIARIES; EVEN IF THE BENEFICIARY HASN'T MET THE ANNUAL DEDUCTIBLE.

BENEFICIARIES ENROLLED IN TRICARE PRIME ARE UNAFFECTED, SINCE THEY DO NOT HAVE COPAYMENTS FOR PREVENTIVE SERVICES.

MEDICARE-ELIGIBLE BENEFICIARIES ARE COVERED BY TRICARE FOR LIFE OR TFL, WHICH GENERALLY PAYS THE REMAINDER OF ANY COSTS NOT PAID UNDER MEDICARE, INCLUDING AMOUNTS FOR THE LISTED PREVENTIVE SERVICES. HOWEVER, PREVENTIVE SERVICES AND ALL IMMUNIZATIONS NOT COVERED BY MEDICARE REQUIRE TRICARE STANDARD COST SHARES AND DEDUCTIBLES FOR TFL BENEFICIARIES.

THIS BENEFIT CAN BE APPLIED TO ANY SERVICES RECEIVED ON OR AFTER OCTOBER 14, 2008. BENEFICIARIES CAN REQUEST REIMBURSEMENT FOR SERVICES RECEIVED AFTER OCTOBER 14,

2008, AND BEFORE THE IMPLEMENTATION DATE OF SEPTEMBER 1, 2009.

REIMBURSEMENT REQUESTS CAN BE MADE BY PHONE TO THE REGION WHERE YOU LIVE. TRICARE NORTH REGION, CALL 1-877-874-2273, TRICARE SOUTH REGION, CALL 1-800-444-5445, AND TRICARE WEST REGION, CALL 1-888-874-9378

AND FINALLY, ANNEMARIE FELICIO REPORTS THAT TO FIGHT THE FLU, GET VACCINATED.

ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION OR CDC, OVER 200,000 PEOPLE ARE HOSPITALIZED DUE TO FLU-RELATED COMPLICATIONS YEARLY IN THE UNITED STATES, AND ABOUT 36,000 PEOPLE DIE FROM FLU-RELATED CAUSES.

THE CDC RECOMMENDS THAT PEOPLE IN CERTAIN HIGH-RISK CATEGORIES GET VACCINATED EVERY YEAR. THESE INCLUDE CHILDREN AGES SIX MONTHS THROUGH 18 YEARS, PREGNANT

WOMEN, PEOPLE AGE 50 AND OLDER, PEOPLE WITH CERTAIN CHRONIC MEDICAL CONDITIONS AND PEOPLE WHO LIVE IN NURSING HOMES AND OTHER LONG-TERM CARE FACILITIES AND PEOPLE WHO LIVE WITH OR CARE FOR THOSE AT HIGH RISK FOR COMPLICATIONS FROM THE FLU, INCLUDING HEALTH CARE WORKERS, HOUSEHOLD CONTACTS OF OTHER PEOPLE AT HIGH RISK AND HOUSEHOLD CONTACTS AND CAREGIVERS OF CHILDREN LESS THAN 6 MONTHS OLD.

THE FLU SHOT IS APPROVED FOR PEOPLE AGE SIX MONTHS AND OLDER, AND THE NASAL SPRAY VACCINE FLUMIST IS AN OPTION FOR HEALTHY PEOPLE AGES TWO TO 49 YEARS WHO ARE NOT PREGNANT.

IN ORDER TO BE COVERED BY TRICARE, THE VACCINE MUST BE ADMINISTERED IN A MILITARY TREATMENT FACILITY OR OTHER APPROVED LOCATIONS. PROTECT YOURSELF AND YOUR FAMILY FROM THE FLU THIS SEASON. MAKE AN APPOINTMENT WITH YOUR HEALTH CARE PROVIDER TODAY TO GET VACCINATED.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE
FELICIO.

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

TAIL MUSIC (:03)