

TRICARE BENEFICIARY BULLETIN – SEPTEMBER 24 - 714 WORDS
(598)

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 YOUR PATIENT
RIGHTS AND RESPONSIBILITIES.

AS A TRICARE BENEFICIARY, YOU AND THE MILITARY HEALTH
SYSTEM SHARE RESPONSIBILITY FOR YOUR HEALTH CARE. BY
FULFILLING YOUR RESPONSIBILITIES AS A HEALTH CARE
CONSUMER AND UNDERSTANDING YOUR RIGHTS AS A PATIENT,
YOU CAN HELP ENSURE THE BEST POSSIBLE HEALTH CARE FOR
YOU AND YOUR FAMILY. SOME OF YOUR RESPONSIBILITIES
INCLUDE:

MAINTAIN HEALTHY HABITS SUCH AS EXERCISING, EATING A WELL-BALANCED DIET AND LIMITING OR AVOIDING HARMFUL SUBSTANCES SUCH AS ALCOHOL AND TOBACCO.

MAKING SMART HEALTH CARE DECISIONS BY WORKING WITH PROVIDERS TO DEVELOP AND CARRY OUT AGREED-UPON TREATMENT PLANS, DISCLOSING RELEVANT INFORMATION AND CLEARLY COMMUNICATING YOUR WANTS AND NEEDS.

SHOW RESPECT TO OTHER PATIENTS AND HEALTH CARE WORKERS AND REPORT WRONGDOING OR FRAUD TO APPROPRIATE RESOURCES OR LEGAL AUTHORITIES.

SOME OF YOUR PATIENT RIGHTS INCLUDE:
INFORMATION; YOU HAVE THE RIGHT TO RECEIVE ACCURATE, EASY-TO-UNDERSTAND INFORMATION TO HELP YOU MAKE INFORMED DECISIONS.

EMERGENCY CARE; YOU HAVE THE RIGHT TO ACCESS
EMERGENCY HEALTH CARE SERVICES WHEN AND WHERE THE
NEED ARISES.

PARTICIPATION; YOU HAVE THE RIGHT TO ACCESS
INFORMATION ABOUT DIAGNOSIS, TREATMENT AND THE
PROGRESS OF YOUR CONDITION, AND TO FULLY PARTICIPATE IN
ALL DECISIONS RELATED TO YOUR HEALTH CARE.

FOR MORE INFORMATION ABOUT YOUR RIGHTS AND
RESPONSIBILITIES, VISIT THE “MEDICAL” SECTION AT
WWW.TRICARE.MIL/MYBENEFIT.

FOR TRICARE MANAGEMENT ACTIVITY, I’M LORRAINE CWIEKA.

NEXT, DOD TARGETS DRUG ABUSE DURING RED RIBBON WEEK

DRUG FREE IS THE KEY. THAT IS THE THEME FOR THE 2009 RED
RIBBON WEEK. IT REMINDS TRICARE BENEFICIARIES OF THE
DANGERS OF UNHEALTHY LIFESTYLE HABITS.

RED RIBBON WEEK IS THE NATION'S OLDEST AND LARGEST DRUG PREVENTION PROGRAM, REACHING MILLIONS OF AMERICANS DURING THE LAST WEEK OF OCTOBER EVERY YEAR. THE DEFENSE DEPARTMENT OR DOD'S OBSERVATION IS SET FOR OCTOBER 23 THROUGH OCTOBER 31, 2009. SINCE 1990, DOD HAS OFFICIALLY PARTICIPATED IN THIS EVENT TO RAISE PUBLIC AWARENESS AND MOBILIZE COMMUNITIES TO COMBAT TOBACCO, ALCOHOL AND DRUG USE AMONG MILITARY PERSONNEL, CIVILIANS AND THEIR FAMILIES.

TRICARE URGES BENEFICIARIES WITH SUBSTANCE ABUSE ISSUES TO TAKE ADVANTAGE OF THE OPTIONS AVAILABLE TO TREAT SUBSTANCE ABUSE AND DISORDERS. SERVICES INCLUDE DETOXIFICATION, REHABILITATION AND OUTPATIENT GROUP AND FAMILY THERAPY.

THERE ARE ALSO A NUMBER OF DOD AND TRICARE EDUCATIONAL PROGRAMS TO RAISE AWARENESS OF SOME OF THESE ISSUES. FOR EXAMPLE, THE AWARD-WINNING QUIT TOBACCO; MAKE EVERYONE PROUD SMOKING CESSATION

CAMPAIGN CAN BE FOUND AT [HTTP://WWW.UCANQUIT2.ORG](http://www.ucanquit2.org).
USERS CAN DEVELOP A PERSONALIZED PLAN FOR QUITTING
AND EVEN CHAT WITH A TRAINED CESSATION COUNSELOR,
SEVEN DAYS A WEEK FROM 8:30 A.M. TO 10:00 P.M. EASTERN
STANDARD TIME.

FOR MORE INFORMATION ABOUT RED RIBBON WEEK VISIT
[HTTP://TRICARE.MIL/TMA/DDRP/RED-RIBBON-WEEK.ASPX](http://TRICARE.MIL/TMA/DDRP/RED-RIBBON-WEEK.ASPX).

AND FINALLY, LET YOUR MTF KNOW IF YOU ARE UNABLE TO
KEEP AN APPOINTMENT. HERE IS ANNEMARIE FELICIO WITH THE
REPORT.

THERE ARE MANY REASONS WHY YOU OR A FAMILY MEMBER
MAY NOT BE ABLE TO KEEP A MEDICAL APPOINTMENT. WE ALL
HAVE THOSE DAYS WHEN THINGS SIMPLY DO NOT GO AS
PLANNED.

HOWEVER, YOUR LOCAL MILITARY TREATMENT FACILITY OR
MTF NEEDS YOUR ASSISTANCE TO MAKE SURE THAT YOUR

SCHEDULED APPOINTMENT GETS CANCELLED WHEN YOU CANNOT USE IT. TO CANCEL AN APPOINTMENT, CALL THE APPOINTMENT DESK AND SIMPLY LET THE CLERK KNOW OR LEAVE A MESSAGE WITH YOUR LAST NAME, NAME OF THE CLINIC WHERE THE APPOINTMENT WAS SCHEDULED AND DATE OF THE APPOINTMENT.

A PRIMARY CARE APPOINTMENT COSTS APPROXIMATELY 150 DOLLARS. IN SOME OF THE HIGHER-VOLUME CLINICS LIKE THE 37TH MEDICAL GROUP AT LACKLAND AIR FORCE BASE, THE NUMBER OF DOLLARS WASTED DUE TO NO-SHOWS CAN QUICKLY ADD UP.

JUST TAKING A COUPLE OF MINUTES TO CANCEL AN APPOINTMENT WILL FREE UP AN APPOINTMENT FOR SOMEONE ELSE AS WELL AS SAVE THE MTF MONEY. APPOINTMENTS CANCELLED EVEN JUST ONE HOUR BEFORE THE SCHEDULED TIME ARE LIKELY TO BE USED BY OTHER PATIENTS. IF YOU DON'T CANCEL THE APPOINTMENT AND ARE A NO-SHOW, THAT TIME IS LOST. YOUR HELP IN REDUCING THE NUMBER OF NO-SHOWS IS GREATLY APPRECIATED.

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)