

TRICARE BENEFICIARY BULLETIN – OCTOBER 26 - 709 WORDS

(600)

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: ANNEMARIE FELICIO TELLS US ABOUT PRIVACY AND MEDICAL RECORDS.

TRICARE TAKES THE RESPONSIBILITY OF YOUR MEDICAL RECORDS SERIOUSLY, REALIZING THAT THE ACCURACY AND CONFIDENTIALITY OF MEDICAL RECORDS IS PARAMOUNT TO QUALITY HEALTH CARE. YOUR MEDICAL RECORDS MAY BE PAPER RECORDS STORED AT A MILITARY TREATMENT FACILITY OR MTF, A TRICARE-AUTHORIZED OR U. S. FAMILY HEALTH PLAN PROVIDER'S OFFICE OR THEY MAY BE ELECTRONIC RECORDS STORED IN THE MILITARY HEALTH SYSTEM'S DATABASE.

IN EITHER CASE, HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED IS REGULATED BY TRICARE POLICY AND HEALTH INSURANCE PORTABILITY AND ACCOUNTABILITY ACT OR HIPAA REQUIREMENTS.

EACH MTF HAS A DESIGNATED PRIVACY OFFICER IN PLACE TO ANSWER QUESTIONS YOU MAY HAVE ABOUT HIPAA RULES AND ENSURE HEALTH CARE INFORMATION REMAINS PRIVATE, BUT AVAILABLE TO YOU AND YOUR PROVIDER. TRICARE MANAGEMENT ACTIVITY OR TMA ALSO HAS A PRIVACY OFFICE YOU CAN CONTACT FOR INFORMATION OR ASSISTANCE. IN ADDITION, YOUR REGIONAL CONTRACTOR HAS VALUABLE INFORMATION ABOUT PRIVACY ON ITS WEB SITE.

IF YOU THINK YOUR PRIVACY RIGHTS HAVE BEEN VIOLATED, YOU MAY SUBMIT A WRITTEN COMPLAINT TO YOUR MTF OR TMA PRIVACY OFFICER. YOU MAY CALL THE GENERAL INFORMATION NUMBER AT YOUR LOCAL MTF, VISIT THEIR WEB

SITE OR CALL THE HIPAA INFORMATION LINE AT 1-888-DOD-HIPA.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NEXT, GETTING REFERRALS FOR SPECIALTY CARE.

IF YOUR HEALTH PLAN IS TRICARE PRIME, THERE ARE TIMES WHEN YOU WILL NEED TO SEE A SPECIALIST FOR A DIAGNOSIS OR TREATMENT THAT YOUR PRIMARY CARE MANAGER OR PCM CANNOT PROVIDE. YOUR PCM WILL PROVIDE REFERRALS TO ACCESS SERVICES FROM SPECIALTY PROVIDERS AND WILL COORDINATE THE REFERRAL REQUEST WITH YOUR REGIONAL CONTRACTOR.

IF YOU LIVE NEAR A MILITARY TREATMENT FACILITY OR MTF AND ARE REFERRED FOR SPECIALTY CARE, YOUR REGIONAL CONTRACTOR WILL ATTEMPT TO COORDINATE YOUR CARE AT THE MTF FIRST. WHEN THE SERVICES ARE NOT AVAILABLE AT

THE MTF, THE CARE WILL BE COORDINATED WITH A TRICARE NETWORK PROVIDER.

VISIT YOUR REGIONAL CONTRACTOR'S WEB SITE OR CALL THEIR TOLL-FREE NUMBER TO LEARN ABOUT REGION-SPECIFIC REFERRAL REQUIREMENTS AND FOR DETAILS ABOUT OBTAINING REFERRALS.

IF YOUR PCM REFERS YOU TO A SPECIALIST WHO WOULD LIKE TO REFER YOU TO ANOTHER SPECIALIST, THE SPECIALIST WILL NEED TO CONTACT YOUR PCM. YOUR PCM OR THE SPECIALIST WILL CONTACT YOUR REGIONAL CONTRACTOR TO OBTAIN AUTHORIZATION FOR ADDITIONAL SPECIALTY CARE, WHEN NECESSARY.

IF YOU RECEIVE SPECIALTY CARE WITHOUT A REFERRAL FROM YOUR PRIMARY CARE MANAGER, YOU WILL BE USING THE POINT OF SERVICE OPTION, RESULTING IN HIGHER OUT-OF-

POCKET COSTS. TO LEARN MORE ABOUT REFERRALS FOR SPECIALTY CARE, VISIT WWW.TRICARE.MIL/MYBENEFIT.

AND FINALLY, TRANSFERRING TO A NEW TRICARE REGION WHILE PREGNANT? HERE IS ANNEMARIE FELICIO WITH THE REPORT.

IF YOU ARE A TRICARE PRIME BENEFICIARY AND ARE MOVING TO A NEW REGION DURING PREGNANCY, UNDERSTANDING YOUR OPTIONS CAN ENSURE A SMOOTH TRANSITION AND UNINTERRUPTED MATERNITY CARE. IF YOU ARE MOVING TO A TRICARE PRIME SERVICE AREA, YOU SHOULD FIRST DECIDE WHETHER TO ENROLL IN TRICARE PRIME OR USE TRICARE STANDARD. IF YOU CHOOSE TO TRANSFER YOUR TRICARE PRIME ENROLLMENT TO YOUR NEW REGION, THERE ARE SOME THINGS YOU SHOULD DO.

FOR INSTANCE, GET ALL ROUTINE MATERNITY CARE BEFORE MOVING, REMAIN ENROLLED IN YOUR CURRENT REGION UNTIL THE MOVE IS COMPLETE AND FILL OUT AND SUBMIT A TRICARE

PRIME ENROLLMENT APPLICATION AND PCM CHANGE FORM TO YOUR NEW REGIONAL CONTRACTOR ONCE THE MOVE IS COMPLETE.

IF YOU CHOOSE TRICARE STANDARD, YOU CAN SEE ANY TRICARE AUTHORIZED PROVIDER. HOWEVER, YOU WILL HAVE HIGHER OUT-OF-POCKET COSTS.

IF YOU MOVE TO AN AREA WHERE TRICARE PRIME IS NOT AVAILABLE, TRICARE STANDARD WILL BE YOUR COVERAGE OPTION. IF YOU ARE MOVING OVERSEAS AND PLAN TO ENROLL IN AN OVERSEAS TRICARE PRIME OPTION, YOUR ELIGIBILITY WILL BE CONTINGENT UPON COMMAND SPONSORSHIP.

IF YOU HAVE ANY QUESTIONS OR NEED MORE INFORMATION, VISIT YOUR REGIONAL CONTRACTOR'S WEB SITE OR CALL THEIR TOLL-FREE NUMBER.

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)