

TRICARE BENEFICIARY BULLETIN – NOVEMBER 12, 2009 – 643

WORDS

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 HOW VIDEO COUNSELING HELPS MILITARY FAMILIES SEE EYE-TO-EYE WITH THEIR PROBLEMS

NOVEMBER IS THE MONTH OF THE MILITARY FAMILY, BUT MILITARY FAMILIES FACE STRESS ALL YEAR LONG. FROM DEPLOYMENT WORRIES TO STRAINED RELATIONSHIPS TO DEALING WITH A TRAGEDY, TRICARE IS TESTING A NEW VIDEO COUNSELING SERVICE TO HELP MEMBERS OF THE MILITARY AND THEIR FAMILIES SEE EYE-TO-EYE WITH THEIR PROBLEMS. THE TRICARE ASSISTANCE PROGRAM IS ONE WAY TO GET

CONVENIENT, CONFIDENTIAL HELP THROUGH A LICENSED BEHAVIORAL HEALTH COUNSELOR.

THIS SERVICE IS AVAILABLE TO ANY ACTIVE DUTY SERVICE MEMBER IN THE UNITED STATES, THEIR SPOUSE, AND OTHER ELIGIBLE FAMILY MEMBERS, 18 YEARS OF AGE OR OLDER. ALL YOU NEED IS A COMPUTER, WEBCAM AND THE RIGHT SOFTWARE.

THESE INTERACTIVE VIDEO SESSIONS ARE UNLIMITED AND INCLUDE ASSESSMENTS, SHORT-TERM COUNSELING AND, IF THE COUNSELOR DETERMINES MORE SPECIALIZED CARE IS NECESSARY, REFERRAL TO A MORE COMPREHENSIVE LEVEL OF CARE. DETAILS ARE AVAILABLE AT TRICARE.MIL/TRIAP.

THE PROGRAM IS ALSO OPEN TO THOSE MILITARY MEMBERS IN THE TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM OR TO MEMBERS OF THE SELECTED RESERVE WHO ARE IN THE TRICARE RESERVE SELECT PLAN.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT, AUSTIN CAMACHO REPORTS ON THE DEFENSE DEPARTMENT'S EFFORTS TO HELP SERVICEMEN AND WOMEN QUIT TOBACCO

DID YOU KNOW THAT THE DEFENSE DEPARTMENT SPENDS AN ESTIMATED \$1.2 BILLION A YEAR ON TOBACCO-RELATED HEALTH CARE?

AND WHEN IT COMES TO SMOKING, IT IS NOT JUST MONEY AT STAKE, BUT ALSO TIME, HEALTH AND YEARS OFF OF ONE'S LIFE. THE LONGER A PERSON SMOKES THE GREATER THE HEALTH RISKS. AND WE ALSO KNOW THAT THOSE AROUND THE SMOKER, IF EXPOSED TO SECOND HAND TOBACCO SMOKE, ARE AT GREATER RISK OF HEALTH PROBLEMS.

ON NOVEMBER 19TH, THE DEFENSE DEPARTMENT ENCOURAGES SERVICE MEMBERS, THEIR FAMILIES AND RETIRED BENEFICIARIES WHO ARE SMOKERS AND TOBACCO USERS TO

COMMIT TO A LIFESTYLE CHANGE DURING THE GREAT AMERICAN SMOKEOUT. THIS ANNUAL EVENT CHALLENGES PEOPLE TO STOP USING TOBACCO AND RAISES AWARENESS OF THE MANY EFFECTIVE WAYS TO QUIT FOR GOOD.

IF YOU'RE A SMOKER OR TOBACCO USER, NOW IS THE TIME TO CONSIDER MAKING NOVEMBER 19TH YOUR QUIT DAY. TAKE ADVANTAGE OF THE SMOKING CESSATION SERVICES AVAILABLE TO TRICARE BENEFICIARIES. MOST MILITARY TREATMENT FACILITIES OFFER TOBACCO CESSATION PROGRAMS AND ADVICE AND SUPPORT ARE ALSO AVAILABLE ONLINE. VISIT UCANQUIT2.ORG FOR MORE INFORMATION.

WE HOPE YOU WILL PARTICIPATE OR ENCOURAGE A FRIEND OR LOVED ONE WHO SMOKES TO PARTICIPATE IN THE GREAT AMERICAN SMOKEOUT. IF YOU CAN QUIT FOR A DAY, YOU'RE WELL ON YOUR WAY TO QUITTING FOREVER. AS THE SAYING GOES, "TODAY IS THE FIRST DAY OF THE REST OF YOUR LIFE." WHY NOT MAKE THE REST OF YOUR LIFE SMOKE-FREE?

FOR TRICARE MANAGEMENT ACTIVITY, I'M AUSTIN CAMACHO.

AND FINALLY, TRICARE OFFERS A VARIETY OF BEHAVIORAL HEALTH RESOURCES FOR SERVICE MEMBERS AND THEIR FAMILIES, AS ANNEMARIE FELICIO REPORTS.

IN ADDITION TO THE TRICARE ASSISTANCE PROGRAM WE REPORTED ON EARLIER, HELP IS ALSO AVAILABLE THROUGH DOZENS OF OTHER OPTIONS INCLUDING ONLINE, PHONE AND FACE-TO-FACE. ADDITIONAL TRICARE BEHAVIORAL HEALTH BENEFITS INFORMATION CAN BE FOUND AT TRICARE.MIL/MENTALHEALTH.

IF YOU'RE THE SOUTH REGION, ACTIVE DUTY SERVICE MEMBERS AND FAMILY MEMBERS SHOULD CALL THE HUMANA MILITARY BEHAVIORAL HEALTH PROVIDER LOCATOR AND APPOINTMENT ASSISTANCE LINE AT 1-877-298-3514. ALL OTHER SOUTH REGION BENEFICIARIES CAN CALL 1-800-700-8646.

IN TRICARE'S NORTH REGION, ACTIVE DUTY SERVICE MEMBERS

AND FAMILY MEMBERS CAN CALL HEALTH NET'S BEHAVIORAL HEALTH PROVIDER LOCATOR AND APPOINTMENT ASSISTANCE LINE AT 1-877-747-9579 DURING BUSINESS HOURS. ALL OTHER NORTH REGION BENEFICIARIES SHOULD CALL 1-877-TRICARE (1-877-874-2273).

IN THE WEST REGION, ALL BENEFICIARIES CAN CALL TRIWEST'S BEHAVIORAL HEALTH CONTACT CENTER AT 1-888-TRIWEST (1-888-874-9378) FOR APPOINTMENT ASSISTANCE 24/7.

OTHER COUNSELING RESOURCES INCLUDE MILITARY ONESOURCE AND THE HELP-LINE OFFERED BY THE DEFENSE CENTER OF EXCELLENCE FOR PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY. CONTACT INFORMATION FOR THESE AND OTHER ORGANIZATIONS CAN BE FOUND AT TRICARE.MIL/MENTALHEALTH.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

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

TAIL MUSIC (:03)