

TRICARE BENEFICIARY BULLETIN – NOVEMBER 19, 2009 – 691

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: ANNMARIE FELICIO REPORTS ON HOW EASY IT IS FOR TRICARE BENEFICIARIES TO GET A SEASONAL FLU SHOT

CAN'T FIND THE TIME TO GET A FLU SHOT? GETTING THE SEASONAL FLU VACCINATION IS EASIER THAN EVER FOR NON-ACTIVE DUTY TRICARE BENEFICIARIES IN THE NORTH AND SOUTH REGIONS WITH THE ADDITION OF LOCAL CONVENIENT CARE CLINICS AS NETWORK PROVIDERS.

ALONG WITH GETTING THEIR FLU SHOTS AT LOCAL MILITARY TREATMENT FACILITIES AND FROM THEIR PRIMARY CARE

MANAGER, NON-ACTIVE DUTY TRICARE PRIME BENEFICIARIES IN THE NORTH AND SOUTH REGIONS CAN NOW RECEIVE FLU VACCINATIONS AT LOCAL CONVENIENT CARE CLINICS. TRICARE STANDARD OR EXTRA BENEFICIARIES WHO ARE NOT MEDICARE-ELIGIBLE CAN ALSO TAKE ADVANTAGE OF THE CONVENIENT CARE CLINICS.

BENEFICIARIES SEEKING A FLU SHOT AT ONE OF THESE CLINICS MUST RECEIVE THE VACCINATION FROM THE CONVENIENT CARE CLINIC ITSELF. FLU SHOTS ADMINISTERED BY A CIVILIAN PHARMACY, DRUGSTORE, GROCERY STORE OR OTHER NON-TRICARE-AUTHORIZED LOCATIONS ARE NOT COVERED.

CONVENIENT CARE CLINICS ARE GENERALLY STAFFED BY NURSE PRACTITIONERS, ARE LOCATED WITHIN RETAIL LOCATIONS, AND OFFER LIMITED HEALTH CARE SERVICES INCLUDING ROUTINE VACCINATIONS. MOST ARE OPEN EVENINGS AND WEEKENDS AND DO NOT REQUIRE AN APPOINTMENT. IN A SPECIAL EFFORT TO PROMOTE IMMUNIZATIONS, TRICARE HAS WAIVED COST SHARES AND

REFERRAL REQUIREMENTS FOR BENEFICIARIES SEEKING SEASONAL FLU AND H1N1 FLU SHOTS. THIS WAIVER DOES NOT APPLY TO ANY OTHER SERVICES OBTAINED FROM CONVENIENT CLINICS.

VISIT YOUR REGIONAL CONTRACTOR'S WEB-BASED PROVIDER LOCATORS TO FIND THE NEAREST NETWORK CONVENIENT CARE CLINIC LOCATION.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

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NEXT, LORRAINE CWIEKA ASKS THE QUESTION: TO RINSE OR NOT TO RINSE?

BRUSHING, FLOSSING AND EATING A HEALTHY DIET ARE ALL IMPORTANT PARTS OF GOOD ORAL HEALTH CARE. BUT DID YOU KNOW THAT RINSING WITH A MOUTHWASH CAN ALSO BE HELPFUL IN MAINTAINING A HEALTHY MOUTH AND BRIGHT SMILE?

Mouthwash works by reducing the bacterial count and slowing down bacterial activity in plaque. Mouthwash also freshens breath and prevents or controls tooth decay and gingivitis.

Using a daily mouthwash can offer important benefits. According to the American Dental Association, using an antimicrobial mouthwash is very effective in reducing plaque and gingivitis. Clinical studies have also shown that combined use of a fluoride mouthwash and fluoride toothpaste provides better protection against tooth decay than that provided by fluoride toothpaste alone.

Remember, rinsing is **NOT** a substitute for regular brushing and flossing. You should use a mouthwash in **addition** to your normal dental care routine.

For more information on the benefits of adding a mouthwash to your daily oral hygiene routine, talk

TO YOUR DENTIST OR VISIT THE AMERICAN DENTAL  
ASSOCIATION'S WEB SITE AT WWW.ADA.ORG.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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AND FINALLY, SOME HELPFUL INFORMATION ON REDUCING  
ALCOHOL ABUSE DURING THIS HOLIDAY SEASON

BEFORE THE TOASTS, CHEERS AND COUNTDOWNS BEGIN,  
TRICARE AND THE MILITARY HEALTH SYSTEM WANT YOU TO BE  
AWARE OF THE EFFECTS OF ALCOHOL ABUSE AND TAKE  
POSITIVE STEPS TO AVOID THE PITFALLS OF EXCESSIVE  
ALCOHOL USE.

HERE IS A COUNTDOWN OF THE TOP FIVE THINGS YOU SHOULD  
KNOW ALCOHOL ABUSE AND PREVENTION DURING THIS  
HOLIDAY SEASON:

- **FIVE ...** IT'S NOT THE TYPE OF ALCOHOLIC DRINK, BUT THE  
AMOUNT OF ALCOHOL CONSUMED THAT AFFECTS A PERSON.

- **FOUR ...** A STANDARD DRINK IS ONE CONTAINING 0.6 OUNCES, OR 1.2 TABLESPOONS, OF PURE ALCOHOL. GENERALLY, THIS AMOUNT OF PURE ALCOHOL IS FOUND IN: 12 OUNCES OF REGULAR BEER OR A WINE COOLER; 8 OUNCES OF MALT LIQUOR; 5 OUNCES OF WINE; OR 1.5 OUNCES OF 80-PROOF DISTILLED SPIRITS OR LIQUOR SUCH AS GIN, RUM, VODKA, OR WHISKEY

- **THREE ...** BINGE DRINKING IS FIVE OR MORE DRINKS DURING A SINGLE OCCASION FOR MEN AND FOUR OR MORE DRINKS DURING A SINGLE OCCASION FOR WOMEN.

- **TWO ...** HEAVY DRINKING IS MORE THAN TWO DRINKS IN A DAY FOR MEN AND MORE THAN ONE DRINK IN A DAY FOR WOMEN.

- **AND NUMBER ONE ...** THE DEFENSE DEPARTMENT HAS A WEB SITE AND AD CAMPAIGN TO RAISE AWARENESS OF THE NEGATIVE EFFECTS OF EXCESSIVE ALCOHOL USE AVAILABLE AT [THATGUY.COM](http://THATGUY.COM).

IN ADDITION, TRICARE'S INFORMATIONAL WEB PAGE AT  
TRICARE.MIL/ALCOHOLWARENESS EXPLAINS BINGE DRINKING,  
ALCOHOLISM AND UNDERAGE DRINKING.

HERE'S WISHING YOU A HAPPY AND SAFE HOLIDAY SEASON!

FOR TRICARE MANAGEMENT ACTIVITY, I'M AUSTIN CAMACHO.

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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)