

TRICARE BENEFICIARY BULLETIN – NOVEMBER 25, 2009 – 706
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 THE TRICARE
OPTIONS AVAILABLE TO RECENTLY DEACTIVATED MEMBERS OF
THE NATIONAL GUARD AND RESERVE AND THEIR FAMILIES

THE ACTIVATION AND DEACTIVATION CYCLE OF NATIONAL
GUARD AND RESERVE MEMBERS IS A CHALLENGING PROCESS
FOR SERVICE MEMBERS AND THEIR FAMILIES. TRICARE OFFERS
MANY OPTIONS FOR MAINTAINING THE HEALTH OF YOU AND
YOUR FAMILY DURING YOUR TRANSITION FROM ACTIVE DUTY
BACK TO CIVILIAN LIFE.

AFTER SERVING IN CONTINGENCY OPERATIONS FOR MORE THAN 30 DAYS, DEACTIVATED MEMBERS OF THE NATIONAL GUARD AND RESERVE AND THEIR FAMILY MEMBERS ARE ELIGIBLE TO RECEIVE CARE THROUGH THE TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM OR TAMP. WHEN YOU BECOME ELIGIBLE FOR TAMP, YOU AND YOUR FAMILY MEMBERS ARE COVERED UNDER TRICARE STANDARD AND TRICARE EXTRA FOR 180 DAYS AFTER DEACTIVATION.

ONCE YOUR TAMP COVERAGE ENDS, YOU MAY BE ELIGIBLE TO PURCHASE TRICARE RESERVE SELECT OR TRS. TRS IS A PREMIUM-BASED HEALTH PLAN THAT QUALIFIED NATIONAL GUARD AND RESERVE MEMBERS MAY PURCHASE AT ANY TIME. FOR MORE INFORMATION ON TRICARE RESERVE SELECT INCLUDING ANNUAL PREMIUM INFORMATION, GO TO TRICARE.MIL/TRS.

THE CONTINUED HEALTH CARE BENEFIT PROGRAM IS ANOTHER HEALTH CARE OPTION FOR QUALIFIED MEMBERS OF THE

NATIONAL GUARD AND RESERVE. MORE INFORMATION ABOUT THIS PROGRAM IS AVAILABLE AT TRICARE.MIL/CHCBP.

WHILE COVERED UNDER EITHER PROGRAM, MEMBERS OF THE NATIONAL GUARD AND RESERVE AND THEIR FAMILIES HAVE TRICARE PRESCRIPTION DRUG COVERAGE. THEY MAY ALSO PURCHASE DENTAL CARE COVERAGE THROUGH THE TRICARE DENTAL PROGRAM AT ANY TIME.

TO LEARN MORE ABOUT YOUR TRICARE OPTIONS THROUGH THE ACTIVATION AND DEACTIVATION CYCLE, VISIT TRICARE.MIL/MYBENEFIT.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT, IMPORTANT INFORMATION ABOUT TRICARE'S EXTENDED CARE HEALTH OPTION

IF A FAMILY MEMBER HAS SPECIAL NEEDS, A SERIOUS ILLNESS OR SUSTAINS A SERIOUS INJURY, TRICARE HAS SEVERAL PROGRAMS IN PLACE TO HELP.

THE TRICARE EXTENDED CARE HEALTH OPTION, OR ECHO, PROVIDES ASSISTANCE FOR ACTIVE DUTY FAMILY MEMBERS WHO QUALIFY BASED ON PHYSICAL OR MENTAL DISABILITIES. ACTIVE DUTY SPONSORS MUST ENROLL IN THEIR SERVICE'S EXCEPTIONAL FAMILY MEMBER PROGRAM, *UNLESS WAIVED IN SPECIFIC SITUATIONS*, AND REGISTER FOR ECHO IN ORDER TO RECEIVE ECHO BENEFITS. THEY MUST ALSO REGISTER WITH THEIR REGIONAL CONTRACTOR.

ECHO COVERS UP TO \$36,000 PER FISCAL YEAR IN ADDITION TO COVERAGE UNDER THE BASIC TRICARE PROGRAMS. ECHO PROVIDES COVERAGE FOR THE FOLLOWING PRODUCTS AND SERVICES: TRAINING, REHABILITATION, SPECIAL EDUCATION — INCLUDING APPLIED BEHAVIORAL ANALYSIS FOR THE TREATMENT OF AUTISM SPECTRUM DISORDERS— INSTITUTIONAL CARE AND, UNDER CERTAIN CIRCUMSTANCES,

TRANSPORTATION TO AND FROM INSTITUTIONS OR FACILITIES.
THE BENEFIT ALSO INCLUDES ECHO HOME HEALTH CARE,
WHICH PROVIDES SKILLED NURSING CARE AND OTHER
SERVICES FOR SEVERELY DISABLED BENEFICIARIES AND
RESPITE CARE FOR CAREGIVERS.

TRICARE ECHO CAN HELP REDUCE THE TASK OF TAKING CARE
OF A FAMILY MEMBER WITH A DISABILITY. FOR MORE
INFORMATION ABOUT THE ECHO PROGRAM, VISIT
TRICARE.MIL/ECHO.

FOR TRICARE MANAGEMENT ACTIVITY, I'M AUSTIN CAMACHO.

AND FINALLY, ANNMARIE FELICIO REMINDS US TO FOCUS ON
FAMILY AND FRIENDS, AND NOT FOOD, THIS HOLIDAY SEASON

IT'S EASY TO OVER-INDULGE DURING THE HOLIDAY SEASON.

IT'S A TIME WHEN EVERYONE WHIPS UP THEIR MOST DECADENT
RECIPES AND HEADS TO GATHERINGS WITH FAMILY, FRIENDS
AND CO-WORKERS.

RESEARCHERS AT THE NATIONAL INSTITUTES OF HEALTH FOUND THE WEIGHT PEOPLE GAIN DURING THE FALL AND WINTER SEASONS IS GENERALLY NOT LOST DURING THE REST OF THE YEAR. GAINING JUST ONE POUND MAY NOT SOUND LIKE MUCH, BUT OVER 20 YEARS IT COULD MEAN WEIGHING AN ADDITIONAL 20 POUNDS JUST FROM HOLIDAY INDULGENCES.

THE CENTERS FOR DISEASE CONTROL AND PREVENTION OFFER THESE TIPS FOR HAVING A HEALTHY HOLIDAY SEASON:

- IF YOU'RE HEADING OUT TO A PARTY, EAT A LIGHT, HEALTHY SNACK BEFORE YOU GO. THIS WILL HELP CURB YOUR HUNGER AND DECREASE YOUR VISITS TO THE BUFFET TABLE.
- MODIFY YOUR FAVORITE HOLIDAY RECIPES TO REDUCE THE AMOUNT OF FAT AND CALORIES. OPT FOR LOW-FAT CHEESE OR VEGETABLES IN PLACE OF MEAT.
- BRING A HEALTHY HOLIDAY DISH TO THE PARTY TO HELP YOURSELF AND EVERYONE ELSE EAT A LITTLE LIGHTER.

- LIMIT YOUR ALCOHOLIC BEVERAGE INTAKE. CUT OR LIMIT YOUR ALCOHOL CALORIES BY DRINKING MORE WATER.
- FIND FUN AND CREATIVE WAYS YOUR FRIENDS AND FAMILY CAN SPEND TIME BEING ACTIVE INSTEAD OF EATING. BE SURE TO SPEND TIME TOGETHER THAT DOESN'T REVOLVE AROUND A MEAL.
- SIGN UP FOR A 5K WALK OR RUN TO KEEP YOUR MIND FOCUSED ON PHYSICAL ACTIVITY GOALS. MAINTAIN YOUR PHYSICAL ACTIVITY DURING THE HOLIDAYS — BETTER YET, TRY AND GET MORE ACTIVE! IT WILL MAKE THOSE NEW YEAR'S RESOLUTIONS EVEN EASIER TO ATTAIN.

VISIT WWW.CDC.GOV/HEALTHYWEIGHT FOR MORE INFORMATION ABOUT ATTAINING AND MAINTAINING A HEALTHY WEIGHT. TRICARE'S "GET FIT" WEB PAGE AT TRICARE.MIL/GETFIT ALSO HAS HELPFUL INFORMATION FOR BENEFICIARIES LOOKING TO LEAD A HEALTHIER LIFESTYLE.

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)