

TRICARE BENEFICIARY BULLETIN – DECEMBER 3, 2009 – 587

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 TRICARE HELPS
ITS BENEFICIARIES BREATHE A LITTLE EASIER IF THEY SUFFER
FROM COPD

EVEN AFTER QUITTING, SMOKING CAN LEAD TO SERIOUS
HEALTH PROBLEMS. ONE OF THOSE PROBLEMS IS CHRONIC
OBSTRUCTIVE PULMONARY DISEASE OR COPD.

COPD IS THE NAME USED TO DESCRIBE A COMBINATION OF TWO
RESPIRATORY DISEASES—EMPHYSEMA AND CHRONIC
BRONCHITIS. SMOKING AND EXPOSURE TO SECOND HAND

SMOKE ARE TWO OF THE MOST COMMON CAUSES OF COPD.

OTHER CAUSES INCLUDE LONG-TERM EXPOSURE TO CHEMICAL FUMES, VAPORS AND DUSTS AND OTHER LUNG IRRITANTS INCLUDING AIR POLLUTION.

WITH COPD, LESS AIR FLOWS IN AND OUT OF AIRWAYS AND SYMPTOMS CAN MIRROR THOSE OF OTHER DISEASES OR MEDICAL CONDITIONS. THE SYMPTOMS OF COPD INCLUDE AN ONGOING COUGH, OR A COUGH THAT PRODUCES LARGE AMOUNTS OF MUCUS, OFTEN CALLED SMOKER'S COUGH; SHORTNESS OF BREATH, ESPECIALLY WITH PHYSICAL ACTIVITY; WHEEZING; FREQUENT THROAT CLEARING; AND CHEST TIGHTNESS.

TRICARE COVERS THE NECESSARY TESTS TO DIAGNOSE COPD, INCLUDING X-RAYS, ARTERIAL BLOOD GAS ANALYSIS, LUNG FUNCTION TESTS AND EXERCISE TESTS. BENEFICIARIES WHO ARE CURRENT OR FORMER SMOKERS; HAVE A FAMILY HISTORY OF EMPHYSEMA; HAVE OR HAD A JOB WITH EXPOSURE TO DUST, CHEMICALS, FUMES, SMOKE, GASES OR VAPORS SHOULD

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TALK TO THEIR PRIMARY CARE MANAGER ABOUT COPD
SCREENING.

TO LEARN MORE ABOUT COPD, VISIT THE NATIONAL HEART,
LUNG AND BLOOD INSTITUTE WEB SITE AT NHLBI.NIH.GOV.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

NEXT UP, A REMINDER TO KEEP YOUR DEERS INFORMATION
CURRENT!

IMPORTANT LIFE EVENTS LIKE MOVING OR HAVING A CHILD GO
OFF TO COLLEGE ARE MILESTONES IN MILITARY FAMILIES'
LIVES. NO MATTER WHERE THEIR JOURNEYS TAKE THEM, IT'S
IMPORTANT FOR FAMILIES TO KEEP THEIR INFORMATION IN THE
DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM, OR
DEERS, UP-TO-DATE.

DEERS IS A WORLDWIDE COMPUTERIZED DATABASE OF
UNIFORMED SERVICE MEMBERS, ACTIVE DUTY AND RETIRED,
THEIR FAMILY MEMBERS, AND OTHERS WHO ARE ELIGIBLE FOR

MILITARY BENEFITS, INCLUDING TRICARE. PROPER AND CURRENT REGISTRATION IN DEERS IS THE KEY TO RECEIVING TIMELY, EFFECTIVE TRICARE BENEFITS, INCLUDING DOCTOR APPOINTMENTS, PRESCRIPTIONS AND PAYMENT OF HEALTH CARE EXPENSES.

ALL SPONSORS ARE AUTOMATICALLY REGISTERED IN DEERS; HOWEVER, THE SPONSOR **MUST** REGISTER THEIR ELIGIBLE FAMILY MEMBERS AS WELL. AFTER FAMILY MEMBERS AND SPONSORS ARE REGISTERED, THEY CAN UPDATE PERSONAL INFORMATION, SUCH AS ADDRESSES AND PHONE NUMBERS.

ALONG WITH CHANGES OF ADDRESS, OTHER LIFE EVENTS THAT CAN AFFECT DEERS RECORDS INCLUDE ADDITIONS TO THE FAMILY, EITHER THROUGH BIRTHS OR ADOPTIONS; CHANGES IN A SPONSOR'S STATUS SUCH AS RETIREMENT; MARRIAGE OR DIVORCE; BECOMING ENTITLED TO MEDICARE; OR THE DEATH OF A SPONSOR OR FAMILY MEMBER.

FOR MORE INFORMATION ABOUT DEERS IN ADDITION TO HOW
AND WHEN TO UPDATE DEERS RECORDS, GO TO
TRICARE.MIL/DEERS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M AUSTIN CAMACHO.

AND FINALLY, LORRAINE CWIEKA REPORTS ON TRICARE'S
COVERAGE OF MATERNITY-RELATED ULTRASOUNDS FOR PRIME
BENEFICIARIES

PRENATAL CARE IS IMPORTANT, AND WE STRONGLY
RECOMMEND THAT THOSE WHO ARE PREGNANT, OR WHO
ANTICIPATE BECOMING PREGNANT, SEEK APPROPRIATE
MEDICAL CARE.

TRICARE PRIME COVERS ALL NECESSARY MATERNITY CARE,
FROM YOUR FIRST OBSTETRIC VISIT THROUGH SIX WEEKS
AFTER YOUR CHILD IS BORN, INCLUDING OBSTETRIC VISITS
THROUGHOUT YOUR PREGNANCY; MEDICALLY NECESSARY
FETAL ULTRASOUNDS; HOSPITALIZATION FOR LABOR,
DELIVERY AND POSTPARTUM CARE; ANESTHESIA FOR PAIN

MANAGEMENT DURING LABOR AND DELIVERY; MEDICALLY NECESSARY CESAREAN SECTIONS; AND MANAGEMENT OF HIGH-RISK OR COMPLICATED PREGNANCIES.

WHILE SOME PROVIDERS OFFER ROUTINE ULTRASOUNDS AFTER 16 TO 20 WEEKS OF GESTATION, TRICARE DOES **NOT**. THIS ALSO INCLUDES THREE- AND FOUR-DIMENSIONAL ULTRASOUNDS. TRICARE ONLY COVERS MEDICALLY NECESSARY MATERNITY ULTRASOUNDS. PLEASE BE AWARE THAT IF YOU ARE CONSIDERING AN ULTRASOUND WITHOUT A VALID MEDICAL REASON, YOU MAY BE RESPONSIBLE FOR PAYMENT.

UNDER TRICARE, MEDICALLY NECESSARY MATERNITY-RELATED ULTRASOUNDS INCLUDE, BUT ARE NOT LIMITED TO, THOSE NEEDED TO ESTIMATE GESTATIONAL AGE, EVALUATE FETAL GROWTH, CONDUCT A BIOPHYSICAL EVALUATION FOR FETAL WELLBEING, EVALUATE A SUSPECTED ECTOPIC PREGNANCY AND TO DIAGNOSE OR EVALUATE MULTIPLE BIRTHS.

VISIT TRICARE.MIL/MYBENEFIT OR YOUR REGIONAL
CONTRACTOR'S WEB SITE FOR ADDITIONAL INFORMATION AND
UPDATES ON MATERNITY- RELATED ULTRASOUND COVERAGE.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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

TAIL MUSIC (:03)