

TRICARE BENEFICIARY BULLETIN – DECEMBER 31, 2009 – 555

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 A NEW TRICARE  
PROGRAM FOR GRAY AREA RESERVISTS

WHILE QUALIFIED MEMBERS OF THE SELECTED RESERVE MAY  
PURCHASE PREMIUM-BASED COVERAGE UNDER TRICARE  
RESERVE SELECT, RETIRED NATIONAL GUARD AND RESERVE  
PERSONNEL DID NOT HAVE TRICARE HEALTH COVERAGE  
OPTIONS UNTIL THEY REACHED AGE 60.

NOW UNDER A PROVISION OF THE NATIONAL DEFENSE  
AUTHORIZATION ACT FOR 2010, CERTAIN MEMBERS OF THE

RETIRED RESERVE WHO ARE NOT YET AGE 60 OR “GRAY-AREA” RETIREES, WILL BE ABLE TO PURCHASE TRICARE STANDARD AND TRICARE EXTRA COVERAGE. TRICARE EXTRA SIMPLY MEANS BENEFICIARIES HAVE LOWER OUT OF POCKET COSTS IF THEY USE A NETWORK PROVIDER. QUALIFIED RETIRED RESERVISTS SHOULD BE ABLE TO PURCHASE COVERAGE BY LATE SUMMER OR EARLY FALL OF 2010.

WHILE THE HEALTH CARE BENEFIT PROVIDED FOR GRAY-AREA RETIREES WILL BE TRICARE STANDARD AND TRICARE EXTRA – SIMILAR TO TRICARE RESERVE SELECT – THE NEW PROGRAM WILL BE DIFFERENT IN ITS QUALIFICATIONS, PREMIUMS, COPAYMENT RATES AND CATASTROPHIC CAP REQUIREMENTS. PREMIUMS FOR THE NEW GRAY AREA RETIREE PROGRAM WILL BE ANNOUNCED AFTER PROGRAM RULES ARE PUBLISHED IN THE FEDERAL REGISTER.

THIS NEW PROGRAM OFFERS AN IMPORTANT HEALTH COVERAGE OPTION FOR RESERVE AND NATIONAL GUARD

MEMBERS WHO SERVED THEIR COUNTRY HONORABLY BEFORE  
HANGING UP THEIR UNIFORMS AT RETIREMENT.

FOR MORE INFORMATION ABOUT TRICARE PROGRAM OPTIONS  
AND BENEFITS VISIT [TRICARE.MIL](http://TRICARE.MIL).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

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NEXT UP, DENTAL OPTIONS UNDER TRICARE ARE AVAILABLE TO  
REPAIR PERMANENT TOOTH LOSS

LOSING A PERMANENT TOOTH CAN BE A DIFFICULT AND  
SOMETIMES EMBARRASSING CONDITION. YOUR QUALITY OF  
LIFE, SELF-CONFIDENCE OR DAILY FUNCTIONING MAY BE  
AFFECTED BY THE LOSS OF A PERMANENT TOOTH.

TRICARE WANTS BENEFICIARIES TO KNOW THAT  
CONVENTIONAL CROWN AND BRIDGE TREATMENTS OR  
DENTURES AREN'T THE ONLY OPTIONS TO ADDRESS TOOTH  
LOSS.

A DENTAL IMPLANT CAN ALSO BE CONSIDERED FOR MEDICALLY QUALIFIED CANDIDATES. A DENTAL IMPLANT IS A REPLACEMENT FOR THE ROOT PORTION OF A NATURAL TOOTH AND IS SURGICALLY PLACED IN THE UPPER OR LOWER JAW, BELOW THE GUM LINE. AFTER A HEALING PERIOD, THE IMPLANT SUPPORTS A CROWN OR BRIDGE, OR SECURES A DENTURE FIRMLY IN PLACE.

GOOD CANDIDATES FOR A DENTAL IMPLANT INCLUDE NON-SMOKERS WITH HEALTHY GUMS AND THOSE WHO HAVE ADEQUATE BONE REMAINING IN THE AREA WHERE THE IMPLANT WILL BE PLACED.

IF YOU ARE CONSIDERING A DENTAL IMPLANT YOU SHOULD SPEAK WITH YOUR DENTIST ABOUT THE TOTAL COST OF THE PROCEDURE TO DETERMINE THEIR OUT-OF-POCKET EXPENSES. DENTAL IMPLANTS TYPICALLY COST \$1,500 TO \$3,500 PER TOOTH REPLACEMENT. YOU SHOULD PLAN AHEAD TO PROPERLY BUDGET YOUR ANNUAL DENTAL BENEFIT.

TO LEARN MORE ABOUT DENTAL BENEFITS UNDER TRICARE,  
VISIT [TRICARE.MIL/DENTAL](http://TRICARE.MIL/DENTAL).

FOR TRICARE MANAGEMENT ACTIVITY, I'M AUSTIN CAMACHO.

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AND FINALLY, LORRAINE CWIEKA REPORTS THAT TRICARE  
BENEFICIARIES CAN NOW RECEIVE SELECT VACCINES WITH NO  
OUT-OF-POCKET EXPENSES AT RETAIL NETWORK PHARMACIES

FOR THE FIRST TIME EVER, BENEFICIARIES CAN VISIT TRICARE  
RETAIL NETWORK PHARMACIES TO RECEIVE THREE TYPES OF  
VACCINES. THE SEASONAL FLU, H1N1 FLU AND PNEUMONIA  
VACCINES ARE NOW AVAILABLE AT NO COST TO THE  
BENEFICIARY. THIS EXPANDED COVERAGE IS AVAILABLE TO  
ALL TRICARE BENEFICIARIES ELIGIBLE TO USE THE TRICARE  
RETAIL PHARMACY BENEFIT.

OTHER VACCINES, SUCH AS THE HPV VACCINE, MUST STILL BE  
ADMINISTERED IN A DOCTOR'S OFFICE OR AUTHORIZED  
CONVENIENCE CLINIC TO BE FULLY COVERED BY TRICARE'S

PREVENTIVE HEALTH SERVICES COST-SHARE WAIVER.

TRICARE HOPES THIS NEW, CONVENIENT AND AFFORDABLE OPTION WILL ENCOURAGE TRICARE BENEFICIARIES TO GET THEIR VACCINATIONS.

BEFORE RECEIVING THE VACCINES, BENEFICIARIES SHOULD CALL THEIR LOCAL TRICARE RETAIL NETWORK PHARMACY FIRST TO MAKE SURE IT PARTICIPATES IN THE VACCINE PROGRAM AND HAS THE VACCINE IN STOCK.

TO LOCATE A PARTICIPATING TRICARE RETAIL NETWORK PHARMACY, GO TO [EXPRESS-SCRIPTS.COM/TRICARE](http://EXPRESS-SCRIPTS.COM/TRICARE) OR CALL EXPRESS SCRIPTS AT 1-877-363-1303.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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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)