

TRICARE BENEFICIARY BULLETIN – JANUARY 14, 2010 –

736 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 TRICARE'S EYE EXAMINATION BENEFIT

MAINTAINING HEALTHY EYES AND VISION IS AN IMPORTANT PART OF PERSONAL SAFETY AND QUALITY OF LIFE. GETTING AN EYE EXAM IS A SMART IDEA FOR ANYONE, WHETHER OR NOT THEY HAVE VISION PROBLEMS.

ACTIVE DUTY FAMILY MEMBERS CAN GET A ROUTINE EYE EXAM EVERY YEAR, AND RETIREES AND THEIR FAMILY MEMBERS USING TRICARE PRIME CAN GET ONE EVERY TWO

YEARS. ROUTINE EYE EXAMS FOR RETIREES AND THEIR FAMILY MEMBERS USING TRICARE STANDARD AND TRICARE EXTRA ARE NOT COVERED.

THESE EXAMS ARE MORE THAN THE STANDARD LETTER CHARTS AND INCLUDE A CHECK INTO THE HEALTH OF THE EYE. ACTIVE DUTY FAMILY MEMBERS USING TRICARE PRIME OR TRICARE STANDARD, AND RETIREES AND THEIR FAMILIES ENROLLED IN TRICARE PRIME, CAN MAKE AN APPOINTMENT WITH ANY TRICARE-AUTHORIZED OPTOMETRIST OR OPHTHALMOLOGIST. TRICARE PRIME BENEFICIARIES DO NOT NEED A REFERRAL UNLESS THEY SEE A PROVIDER OUTSIDE OF THEIR REGION'S TRICARE NETWORK.

IT'S IMPORTANT TO GET CHILDREN IN THE HABIT OF EYE HEALTH, TOO. UNDER TRICARE'S WELL-CHILD BENEFIT, CHILDREN IN BOTH PRIME AND STANDARD CAN RECEIVE EYE AND VISION SCREENINGS AT BIRTH AND 6 MONTHS OF AGE, ALONG WITH TWO EYE EXAMS BETWEEN THE AGES OF 3 AND 6.

ACTIVE DUTY SERVICE MEMBERS ENROLLED IN TRICARE PRIME MUST GET THEIR EYE CARE FROM MILITARY TREATMENT FACILITIES AND MAY RECEIVE EYE GLASSES AT MTFs AT NO COST. TO MAINTAIN THEIR FITNESS-FOR-DUTY, ACTIVE DUTY SERVICE MEMBERS ENROLLED IN TRICARE PRIME REMOTE CAN GET EYE EXAMS FROM A NETWORK PROVIDER WITHOUT AN AUTHORIZATION.

TO FIND MORE INFORMATION ABOUT TRICARE'S VISION BENEFIT VISIT TRICARE.MIL/MYBENEFIT.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT UP, ANNMARIE FELICIO REPORTS THAT TRICARE IS CONTINUING TO OFFER SELECT OVER-THE-COUNTER MEDICATIONS AT ZERO COPAY

POSITIVE FEEDBACK AND COST SAVINGS MEANS TRICARE'S OVER-THE-COUNTER MEDICATION DEMONSTRATION WILL CONTINUE WITHOUT COPAYMENTS. THIS DEMONSTRATION

ALLOWS TRICARE BENEFICIARIES TO SUBSTITUTE OVER-THE-COUNTER VERSIONS FOR SELECTED PRESCRIPTION DRUGS.

OVER-THE-COUNTER MEDICATIONS AVAILABLE THROUGH THE PROGRAM INCLUDE ALLERGY MEDICATIONS CETIRIZINE AND LORATADINE, AND HEARTBURN MEDICATIONS PRILOSEC OTC AND ITS GENERIC FORM OMEPRAZOLE.

THE ORIGINAL TWO-YEAR DEMONSTRATION DID NOT REQUIRE A COPAY FOR COVERED OVER-THE-COUNTER MEDICATIONS.

HOWEVER, WHEN THE DEMONSTRATION WAS EXTENDED THIS PAST NOVEMBER, IT COINCIDED WITH THE START OF THE NEW TRICARE PHARMACY CONTRACT. A \$3 COPAY WAS REQUIRED UNTIL SYSTEMS CHANGES COULD BE MADE AND THAT WORK IS NOW COMPLETE. BENEFICIARIES WILL NO LONGER HAVE TO PAY THE \$3 COPAY FOR THOSE COVERED OVER-THE-COUNTER MEDICATIONS.

TO RECEIVE THE COVERED OVER-THE-COUNTER MEDICATIONS WITH NO OUT-OF-POCKET COSTS, BENEFICIARIES WILL STILL

NEED A PRESCRIPTION FROM THEIR HEALTH CARE PROVIDER SPECIFICALLY FOR THE OVER-THE-COUNTER DRUG. AFTER SUBMITTING THE PRESCRIPTION AT ANY TRICARE RETAIL NETWORK PHARMACY OR THE TRICARE MAIL ORDER PHARMACY, THE PRESCRIPTION FOR THE OVER-THE-COUNTER MEDICATION IS FILLED AT NO COST.

FOR MORE INFORMATION ABOUT THE TRICARE PHARMACY PROGRAM, GO TO TRICARE.MIL/PHARMACY.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO .

AND FINALLY, SOME TIPS ON DEALING WITH SPORTS INJURIES

ARE YOU FEELING A LITTLE SORE OR ACHY AFTER THE FAMILY TURKEY BOWL OR A GAME OF TOUCH FOOTBALL WITH

FRIENDS? WHILE SOME ACHES AND PAINS MAY BE

UNAVOIDABLE, IT'S IMPORTANT TO PREVENT INJURIES

WHENEVER POSSIBLE. BE SURE TO STRETCH THOSE JOINTS AND

MUSCLES OUT WELL BOTH BEFORE AND AFTER EXERCISE, AND

IF YOU'RE NOT EXERCISING REGULARLY, DON'T TRY THE SAME

ATHLETIC FEATS FOR WHICH YOU MIGHT HAVE BEEN KNOWN 10 YEARS AGO.

IF IT'S TOO LATE FOR PREVENTION, HAVING YOUR INJURY LOOKED AT IS THE NEXT STEP. OVERLOOKED, UNDERTREATED OR UNTREATED SPORTS INJURIES CAN HAVE LONG-TERM EFFECTS ON THE BODY. SPRAINS, STRAINS AND FRACTURES ARE COMMON DURING SPORTS AND RECREATIONAL ACTIVITIES.

A *SPRAIN* IS AN INJURY TO A LIGAMENT, THE TISSUES CONNECTING TWO OR MORE BONES AT A JOINT. SPRAINS CAN RESULT FROM A FALL, A SUDDEN TWIST OR A BLOW TO THE BODY FORCING A JOINT OUT OF ITS NORMAL POSITION AND STRETCHING OR TEARING THE LIGAMENT.

A *STRAIN* IS AN INJURY TO A MUSCLE OR TENDON, THE TISSUE CONNECTING MUSCLES TO BONES. MUSCLES OR TENDONS ARE STRETCHED OR TORN IN A STRAIN. LIFTING HEAVY OBJECTS THE

WRONG WAY OR OVERSTRESSING MUSCLES ARE COMMON
CAUSES OF STRAINS.

AND A *FRACTURE* IS A BREAK IN A BONE. FRACTURES
COMMONLY HAPPEN THROUGH SPORTS INJURIES, FALLS OR CAR
ACCIDENTS AND REQUIRE IMMEDIATE MEDICAL ATTENTION.

MINOR SPRAINS AND STRAINS CAN BE TREATED USING AN EASY
HOME THERAPY REGIMEN CALLED RICE WHICH STANDS FOR:
REST, ICE, COMPRESSION AND ELEVATION.

SO HAVE FUN, BUT BE SAFE! THE BEST WAY TO PREVENT
INJURIES IS TO STAY FIT AND FLEXIBLE THROUGH REGULAR
STRETCHING, EXERCISE AND PHYSICAL TRAINING. AND
REMEMBER, IF YOU DO GET INJURED, BE SURE TO GET
APPROPRIATE EVALUATION AND TREATMENT BEFORE
RESUMING YOUR USUAL ACTIVITIES.

FOR TRICARE MANAGEMENT ACTIVITY, I'M AUSTIN CAMACHO.

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

TAIL MUSIC (:03)