

TRICARE BENEFICIARY BULLETIN – JANUARY 21, 2010 –

754 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 TRICARE'S SURGICAL OPTIONS FOR WEIGHT LOSS

OBESITY IS A MAJOR HEALTH HAZARD IN THE UNITED STATES, ASSOCIATED WITH MANY COMMON DISEASES SUCH AS DIABETES, HIGH BLOOD PRESSURE, HEART DISEASE AND SOME TYPES OF CANCERS. ACCORDING TO TRICARE MANAGEMENT ACTIVITY DATA, APPROXIMATELY TWO-THIRDS OF NON-ACTIVE DUTY TRICARE BENEFICIARIES ARE OVERWEIGHT AND ONE THIRD ARE OBESE.

TRICARE BENEFICIARIES WHOSE WEIGHT POSES HEALTH RISKS MAY QUALIFY FOR SURGICAL PROCEDURES TO ASSIST WITH WEIGHT CONTROL. FOR THOSE BENEFICIARIES WHO QUALIFY AND FOR WHOM MEDICAL NECESSITY IS DETERMINED, TRICARE COVERS THE FOLLOWING PROCEDURES: GASTRIC BYPASS; GASTRIC STAPLING; VERTICAL BANDED GASTROPLASTY AND LAPAROSCOPIC ADJUSTABLE GASTRIC BANDING, ALSO KNOWN AS LAP-BAND® SURGERY.

TO MEDICALLY QUALIFY, BENEFICIARIES MUST WEIGH MORE THAN 100 POUNDS OVER THEIR IDEAL WEIGHT FOR HEIGHT AND BONE STRUCTURE AND HAVE AN ASSOCIATED MEDICAL CONDITIONS SUCH AS DIABETES MELLITUS, HYPERTENSION OR NARCOLEPSY.

BENEFICIARIES WHO WEIGH MORE THAN TWICE THEIR IDEAL WEIGHT FOR HEIGHT AND BONE STRUCTURE ARE ELIGIBLE WITHOUT AN ASSOCIATED MEDICAL CONDITION. TRICARE ALSO COVERS SURGERY FOR BENEFICIARIES WHO HAD A PREVIOUS INTESTINAL BYPASS OR OTHER SURGICAL PROCEDURE FOR

OBESITY AND, BECAUSE OF COMPLICATIONS, REQUIRE A SECOND SURGERY.

PATIENTS WHO UNDERGO WEIGHT-LOSS SURGERIES MUST FOLLOW SPECIFIC DIETARY REGIMENS, WHICH MAY INTERFERE WITH THE OPERATIONAL DEPLOYMENT OF ACTIVE DUTY SERVICE MEMBERS. THEREFORE, THESE PROCEDURES ARE **NOT** COVERED FOR ACTIVE DUTY SERVICE MEMBERS.

IN MANY CASES, OBESITY CAN BE PREVENTED OR REVERSED. THE CENTERS FOR DISEASE CONTROL AND PREVENTION RECOMMENDS 30 MINUTES OF DAILY PHYSICAL ACTIVITY FOR ADULTS AND 60 MINUTES FOR CHILDREN. PHYSICAL ACTIVITY, ALONG WITH HEALTHY EATING, IS IMPORTANT FOR YOUR HEALTH AND WEIGHT MANAGEMENT. FOR MORE INFORMATION, VISIT THE *GET FIT* WEB SITE AT TRICARE.MIL/GETFIT TO LEARN ABOUT HEALTHY DIETS, EXERCISE AND WAYS YOU CAN HELP PREVENT OBESITY.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

NEXT UP, ARE YOU FEELING A LITTLE SAD THIS WINTER?

TRICARE CAN HELP

OCCASIONALLY FEELING DEPRESSED IS NORMAL. EVERYONE HAS DAYS WHEN THEY FEEL LOW, IRRITABLE OR SAD, BUT THESE MOODS USUALLY LAST A FEW DAYS AND DISAPPEAR.

AS THE SEASON CHANGES AND THE DAYS GET SHORTER, SOME PEOPLE DEVELOP SYMPTOMS OF DEPRESSION. SADNESS AND LACK OF ENERGY AND MOTIVATION ARE NOT A NORMAL PART OF THE TRANSITION TO FALL AND WINTER; HOWEVER, STUDIES SHOW AN INCREASE IN THESE SYMPTOMS DURING DARKER MONTHS.

THIS CONDITION IS KNOWN AS SEASONAL AFFECTIVE DISORDER OR SAD, AND IT USUALLY HAPPENS DURING THE WINTER MONTHS. SYMPTOMS OF WINTER SAD NORMALLY BEGIN IN OCTOBER OR NOVEMBER AND END IN MARCH OR APRIL.

THE SYMPTOMS OF SAD SOUND FAMILIAR TO MANY AND MAY INCLUDE: OVERSLEEPING, DAYTIME FATIGUE, CARBOHYDRATE CRAVING, AND WEIGHT GAIN. TRICARE OFFERS BENEFICIARIES MANY OPTIONS IF THEY ARE SUFFERING FROM SAD.

NON-ACTIVE DUTY TRICARE BENEFICIARIES CAN SCHEDULE A BEHAVIORAL HEALTH CARE APPOINTMENT AND CAN RECEIVE THE FIRST EIGHT BEHAVIORAL HEALTH CARE OUTPATIENT VISITS PER FISCAL YEAR FROM A TRICARE PROVIDER WITHOUT A REFERRAL OR PRE-AUTHORIZATION. PRIMARY CARE PROVIDERS CAN GIVE AN INITIAL ASSESSMENT AND POSSIBLY TREATMENT. VISIT TRICARE'S MENTAL HEALTH RESOURCE CENTER AT TRICARE.MIL/MENTALHEALTH TO LEARN MORE ABOUT GETTING HELP.

TRICARE ALSO RECENTLY LAUNCHED THE TRICARE ASSISTANCE PROGRAM, OR TRIAP, TO HELP SERVICE MEMBERS AND THEIR FAMILIES GET THE BEHAVIORAL HEALTH ASSISTANCE THEY NEED, WHEN IT'S NEEDED.

TRIAP PROVIDES SHORT-TERM, PROBLEM SOLVING COUNSELING ASSISTANCE 24 HOURS A DAY TO BENEFICIARIES DEALING WITH PERSONAL PROBLEMS THAT MIGHT ADVERSELY IMPACT THEIR WORK PERFORMANCE, HEALTH OR WELL-BEING.

ELIGIBLE BENEFICIARIES CAN ACCESS TRIAP FROM ANY LOCATION IN THE UNITED STATES, PROVIDED THEY HAVE THE NECESSARY COMPUTER HARDWARE AND SOFTWARE. TRIAP INCLUDES ASSESSMENTS, SHORT-TERM COUNSELING AND REFERRALS TO MORE COMPREHENSIVE LEVELS OF CARE IF NEEDED. LEARN MORE ABOUT TRIAP AT TRICARE.MIL/TRIAP.

FOR TRICARE MANAGEMENT ACTIVITY, I'M AUSTIN CAMACHO.

AND FINALLY, LORRAINE CWIEKA REMINDS BENEFICIARIES THAT IT'S OK FOR YOUR PROVIDER TO PHOTOCOPY YOUR ID CARD

IN ORDER FOR YOU TO RECEIVE THE CARE YOU NEED, YOUR DOCTOR, PHARMACIST OR OTHER QUALIFIED MEDICAL

PROVIDER MUST VERIFY YOUR TRICARE ELIGIBILITY. HE OR SHE WILL ASK YOU TO PRESENT A VALID UNIFORMED SERVICES IDENTIFICATION CARD OR COMMON ACCESS CARD AND MAY ASK FOR YOUR SPONSOR'S SOCIAL SECURITY NUMBER. TO SPEED UP YOUR CARE, MAKE SURE YOUR CARD HAS NOT EXPIRED. YOU MAY ALSO WANT TO KEEP A PERSONAL COPY OF YOUR ID CARD IN A SAFE PLACE FOR YOUR RECORDS.

ALTHOUGH YOU MAY BE CONCERNED THAT YOUR PROVIDER HAS REQUESTED TO PHOTOCOPY YOUR ID CARD, PLEASE KEEP IN MIND THAT PHOTOCOPYING YOUR ID CARD FOR **AUTHORIZED PURPOSES** IS LEGAL. AUTHORIZED PURPOSES INCLUDE MEDICAL CARE ELIGIBILITY DETERMINATION AND DOCUMENTATION. UNAUTHORIZED USE OCCURS WHEN SOMEONE USES AN ID CARD TO OBTAIN BENEFITS, PRIVILEGES OR ACCESS TO WHICH HE OR SHE IS NOT ENTITLED.

ALSO REMEMBER THAT AN ID CARD ALONE DOES NOT VERIFY TRICARE ELIGIBILITY. YOU MUST ENSURE YOUR ELIGIBILITY BY REGISTERING WITH THE DEFENSE ENROLLMENT ELIGIBILITY

REPORTING SYSTEM, OR DEERS, AND KEEPING YOUR
INFORMATION UP TO DATE.

FOR MORE INFORMATION ABOUT TRICARE ELIGIBILITY, VISIT
TRICARE.MIL/DEERS.

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)