

TRICARE BENEFICIARY BULLETIN – JANUARY 28, 2010 – 727

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 EXPANSION OF TRICARE'S PARTIAL HOSPITALIZATION PROGRAM

TRICARE HAS MADE THE VALUABLE TREATMENT OPTION OF PSYCHIATRIC PARTIAL HOSPITALIZATION AVAILABLE TO MORE BENEFICIARIES BY STREAMLINING ITS CERTIFICATION PROCEDURE.

PARTIAL HOSPITALIZATION PROGRAMS, OR PHPS, AT TRICARE-AUTHORIZED HOSPITALS ARE NOW CONSIDERED TRICARE-AUTHORIZED PROVIDERS AND NO LONGER NEED A SEPARATE

CERTIFICATION. FREESTANDING PHPS, HOWEVER, MUST BE CERTIFIED AND BE PARTICIPATING TRICARE PROVIDERS.

THE TRICARE PHP BENEFIT IS PROVIDED THROUGH DAY, EVENING OR WEEKEND PROGRAM OPTIONS. PARTIAL HOSPITALIZATION CARE IS USUALLY PROVIDED FOR A MINIMUM OF THREE HOURS A DAY, FIVE DAYS PER WEEK. HOWEVER, THE TRICARE BENEFIT ALSO INCLUDES CARE SOMETIMES REFERRED TO AS INTENSIVE OUTPATIENT TREATMENT, WHICH MAY BE PROVIDED THREE HOURS A DAY, THREE DAYS A WEEK. BECAUSE THERE ARE NO EMERGENCY ADMISSIONS TO PHPS, PRIOR AUTHORIZATION IS REQUIRED FOR ALL PHP ADMISSIONS.

TRICARE REMAINS COMMITTED TO MEETING THE BEHAVIORAL HEALTH AND SUBSTANCE USE DISORDER TREATMENT NEEDS OF OUR SERVICE MEMBERS AND THEIR FAMILIES. A PHP CAN BE A HELPFUL OPTION FOR THOSE INDIVIDUALS NEEDING ASSISTANCE BEYOND TRADITIONAL OUTPATIENT THERAPY.

FOR MORE INFORMATION ABOUT TRICARE'S BEHAVIORAL  
HEALTH CARE OPTIONS GO TO [TRICARE.MIL/MENTALHEALTH](http://TRICARE.MIL/MENTALHEALTH).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA .

----

NEXT UP, UNDERSTANDING DENTAL ANESTHESIA OPTIONS  
UNDER THE TRICARE DENTAL PROGRAM

DENTAL ANESTHESIA CAN REDUCE DISCOMFORT DURING  
DENTAL TREATMENT. THE TRICARE DENTAL PROGRAM OFFERS  
SEVERAL OPTIONS INCLUDING LOCAL AND GENERAL  
ANESTHESIA TO MAKE YOU FEEL MORE COMFORTABLE AND  
HELP ALLEVIATE ANY DISCOMFORT ASSOCIATED WITH YOUR  
DENTAL CARE.

LOCAL ANESTHESIA COMES IN TWO FORMS: TOPICAL OR  
INJECTABLE. TOPICAL ANESTHESIA IS APPLIED TO ORAL TISSUE  
TO PREVENT PAIN ON THE SURFACE OF THE MOUTH. YOUR  
DENTIST MAY USE A TOPICAL ANESTHETIC TO NUMB AN AREA  
IN YOUR MOUTH IN PREPARATION FOR INJECTING A LOCAL

ANESTHETIC. TOPICAL ANESTHETICS CAN ALSO BE USED TO SOOTHE PAINFUL MOUTH SORES SUCH AS CANKER SORES. INJECTABLE LOCAL ANESTHESIA PREVENTS DISCOMFORT IN SPECIFIC AREAS OF YOUR MOUTH DURING TREATMENT BY BLOCKING NERVE SENSATION AND NUMBING MOUTH TISSUES. THIS TYPE OF ANESTHESIA IS COMMONLY USED FOR MOST DENTAL PROCEDURES.

IN ORDER TO RELIEVE DISCOMFORT AND ANXIETY ASSOCIATED WITH COMPLEX TREATMENTS, DENTISTS MAY USE GENERAL ANESTHESIA. GENERAL ANESTHESIA CAUSES TEMPORARY LOSS OF CONSCIOUSNESS AND IS RECOMMENDED IN CERTAIN PROCEDURES FOR CHILDREN OR OTHERS WHO MAY HAVE DIFFICULTY CONTROLLING THEIR MOVEMENT DURING DENTAL TREATMENT.

GENERAL ANESTHESIA IS COVERED UNDER THE TRICARE DENTAL PROGRAM OR, UNDER CERTAIN CIRCUMSTANCES, BY YOUR TRICARE MEDICAL BENEFIT. WITH COVERAGE UNDER THE DENTAL BENEFIT, YOU HAVE A 40 PERCENT COST-SHARE FOR

GENERAL ANESTHESIA. THE TDP DOES **NOT** COVER THE FACILITY FEE.

THE TRICARE MEDICAL BENEFIT DOES COVER GENERAL ANESTHESIA SERVICES FOR DENTAL TREATMENT FOR THOSE BENEFICIARIES WITH DEVELOPMENTAL, MENTAL OR PHYSICAL DISABILITIES, ALONG WITH CHILDREN AGE 5 AND UNDER. UNDER THIS BENEFIT, REIMBURSEMENT FOR GENERAL ANESTHESIA IS BASED ON YOUR TRICARE PROGRAM OPTION.

VISIT THE TDP WEB SITE AT [TRICAREDEDENTALPROGRAM.COM](http://TRICAREDEDENTALPROGRAM.COM) OR [TRICARE.MIL/MYBENEFIT](http://TRICARE.MIL/MYBENEFIT) FOR MORE INFORMATION.

FOR TRICARE MANAGEMENT ACTIVITY, I'M AUSTIN CAMACHO.

-----

AND FINALLY, LORRAINE CWIEKA REPORTS ON AVOIDING COLD WEATHER HEALTH CHALLENGES

NOW THAT WINTER IS HERE, THE COLDER WEATHER BRINGS A DIFFERENT SET OF CHALLENGES FOR THOSE WHO ENJOY

SPENDING TIME OUTSIDE. BEING ADEQUATELY PREPARED FOR COOL OR COLDER WEATHER CAN HELP TRICARE BENEFICIARIES AVOID SOME POTENTIALLY DANGEROUS SITUATIONS.

HERE ARE A FEW SERIOUS HEALTH CONDITIONS THAT CAN OCCUR DURING THE WINTER MONTHS ALONG WITH THE SYMPTOMS OF EACH AND INFORMATION ABOUT WHAT TO DO.

#### HYPOTHERMIA:

HYPOTHERMIA DEVELOPS WHEN BODY TEMPERATURE FALLS BELOW NORMAL DUE TO EXPOSURE TO COLD. IN THE WINTER MONTHS, THIS CONDITION OFTEN OCCURS DURING PROLONGED PERIODS OUTDOORS, EITHER IN WET CLOTHES OR WITHOUT PROPER LAYERING.

SIGNS OF HYPOTHERMIA INCLUDE: A DECLINE IN BODY TEMPERATURE, SHIVERING AND INCREASINGLY LETHARGIC OR CLUMSY SPEECH. IF ANY OF THESE SIGNS ARE DETECTED, CALL 911 IMMEDIATELY, REMOVE ANY WET CLOTHING, WRAP UP IN A DRY BLANKET IF POSSIBLE AND GET INDOORS.

## FROSTBITE:

FROSTBITE IS THE FREEZING OF THE SKIN AND BODY'S OUTER TISSUES. THIS HAPPENS MOST OFTEN ON THE BODY'S EXTREMITIES: FINGERS, TOES, EARS AND NOSE. INDIVIDUALS WITH FROSTBITE WILL FEEL A BURNING OR NUMB SENSATION AND THE AFFECTED AREA WILL BECOME PALE, GRAY AND BLISTERED.

IF FROSTBITE OCCURS, DO NOT RUB THE AFFECTED AREA. INSTEAD, PLACE THE AFFECTED BODY PART IN WARM, BUT NOT HOT, WATER. CONTINUE THIS TREATMENT FOR FIVE MINUTES. SEEK MEDICAL HELP IF NORMAL FEELING AND COLOR DO NOT RETURN PROMPTLY AFTER HOME TREATMENT FOR MILD FROSTBITE.

## SUNBURNS:

MANY PEOPLE ASSOCIATE SUNBURNS WITH LONG DAYS ON THE BEACH, BUT THE SUN'S RAYS CAN STILL CAUSE SUNBURN DURING WINTER, ESPECIALLY WHEN REFLECTED OFF SNOW. TO

PREVENT SUNBURN, COVER EXPOSED SKIN AND WEAR  
SUNSCREEN.

BEING AWARE OF AND PREPARED FOR THE CURRENT AND  
FORECASTED WEATHER DURING THE WINTER CAN HELP  
PREVENT ILLNESS AND INJURY FROM COLD WEATHER.

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)