

TRICARE BENEFICIARY BULLETIN – FEBRUARY 19, 2010 – 634

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 REMINDS BENEFICIARIES THAT STOPPING HEALTH CARE FRAUD SAVES EVERYONE MONEY

FRAUD IS ONE OF THE MAJOR FACTORS IN THE SKYROCKETING COST OF HEALTH CARE IN THE UNITED STATES. ESTIMATED TO COST TAXPAYERS BILLIONS OF DOLLARS EACH YEAR, HEALTH CARE FRAUD REALLY DOES AFFECT EVERYONE.

TRICARE PROTECTS ITS BENEFICIARIES – AND THEIR WALLETS – BY PREVENTING, IDENTIFYING AND ASSISTING IN THE PROSECUTION OF HEALTH CARE FRAUD. IN 2009, THE TRICARE

PROGRAM INTEGRITY OFFICE RECOVERED OVER 40 MILLION DOLLARS IN JUDGMENTS FROM FRAUD SCHEMES. PROGRAM INTEGRITY'S EFFORTS ASSURE BENEFICIARIES THEY'RE RECEIVING CARE FROM TRUSTWORTHY PROVIDERS AND TAXPAYER MONEY IS USED APPROPRIATELY.

TRICARE WORKS WITH OTHER GOVERNMENT AGENCIES AND MANAGED CARE SUPPORT CONTRACTORS TO IDENTIFY AND INVESTIGATE FRAUD AND ABUSE, BUT BENEFICIARIES ALSO PLAY A PIVOTAL ROLE. THE EXPLANATION OF BENEFITS, OR EOB, RECEIVED WHEN A CLAIM IS PROCESSED CAN HELP UNCOVER FRAUD AND ABUSE. IF THE SERVICES OR SUPPLIES RECEIVED AT A MEDICAL APPOINTMENT ARE NOT CORRECTLY REFLECTED IN THE EOB, IT IS CAUSE FOR CONCERN.

BENEFICIARIES SHOULD EXAMINE THEIR EOBs AND QUESTION ANYTHING THAT MAY HAVE BEEN FRAUDULENTLY BILLED.

TO REPORT MEDICAL FRAUD OR ABUSE, CONTACT YOUR REGIONAL CONTRACTOR'S FRAUD AND ABUSE OFFICE. YOU CAN ALSO CALL THE TOLL-FREE NUMBER PROVIDED ON THE EOB OR

SEND AN E-MAIL TO TRICARE AT FRAUDLINE@TMA.OSD.MIL. TO REPORT PHARMACY FRAUD OR ABUSE, CONTACT EXPRESS SCRIPTS AT 800-332-5455.

TO LEARN MORE ABOUT THE TRICARE FRAUD WATCH PROGRAM VISIT WWW.TRICARE.OSD.MIL/FRAUD.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO .

NEXT, AN UPDATE ON TRICARE'S MANAGED CARE SUPPORT CONTRACTS

THE CONTRACT EXTENSIONS ISSUED BY TRICARE MANAGEMENT ACTIVITY MEAN TRICARE BENEFICIARIES IN THE UNITED STATES WON'T NEED TO LEARN NEW PHONE NUMBERS AND WEB SITES ANY TIME SOON. CURRENT REGIONAL HEALTH CARE CONTRACTORS, HEALTH NET FEDERAL SERVICES IN THE NORTH, HUMANA MILITARY HEALTHCARE SERVICES IN THE SOUTH AND TRIWEST HEALTHCARE ALLIANCE CORP. IN THE WEST, WILL CONTINUE TO PROVIDE SERVICES TO

BENEFICIARIES UNTIL MARCH 31, 2011.

EXTENSIONS TO THE CURRENT CONTRACTS WILL ALLOW TIME FOR TRANSITION TO THE NEW CONTRACTS WHILE ENSURING BENEFICIARIES CONTINUE TO RECEIVE HIGH-QUALITY CARE AND OUTSTANDING CUSTOMER SERVICE. A FORMAL TRANSITION PERIOD OF AT LEAST 10 MONTHS ENSURES THAT BENEFICIARIES AND STAKEHOLDERS GET THE INFORMATION THEY NEED WELL IN ADVANCE, AND ALLOWS ENOUGH TIME TO ESTABLISH NEW PROCESSES AND TEST NEW SYSTEMS.

ADDITIONAL CONTRACT INFORMATION AND UPDATES CAN BE FOUND ON A SPECIAL TRICARE WEB PAGE AT TRICARE.MIL/T3CONTRACTS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M AUSTIN CAMACHO.

FINALLY, LORRAINE CWIEKA OFFERS SOME TIPS ON BECOMING A WISE HEALTH CONSUMER

IT PAYS TO BE WISE, ESPECIALLY WHEN IT COMES TO YOUR HEALTH AND HEALTH CARE. FEBRUARY IS WISE HEALTH CONSUMER MONTH AND A WISE HEALTH CONSUMER STRIVES TO BE PHYSICALLY AND EMOTIONALLY HEALTHY.

WISE HEALTH MEANS BEING MINDFUL OF CHOICES OR DECISIONS RELATED TO HEALTH. THE SURGEON GENERAL'S PRESCRIPTION FOR BEING A HEALTHIER CONSUMER RECOMMENDS: MODERATE PHYSICAL ACTIVITY, FIVE DAYS A WEEK, AT LEAST 30 MINUTES A DAY; AVOID TOXINS, TOBACCO, ILLICIT DRUGS AND ALCOHOL ABUSE; EAT AT LEAST FIVE SERVINGS OF FRUITS AND VEGETABLES A DAY; AND PRACTICE RESPONSIBLE SEXUAL BEHAVIORS.

HERE ARE SOME HELPFUL PROGRAMS THE DEFENSE DEPARTMENT AND TRICARE OFFER TO HELP BENEFICIARIES BE WISE HEALTH CONSUMERS

GET FIT

UNIFORMED SERVICE MEMBERS, THEIR FAMILIES, CIVILIAN

EMPLOYEES AND MILITARY RETIREES CAN USE THE MORALE, WELFARE AND RECREATION CENTERS FOR A NUMBER OF SERVICES. FROM TEAM SPORTS TO MUSIC, DANCE, MARTIAL ARTS, GYMNASTICS, SWIMMING LESSONS, ICE SKATING AND MORE, THESE CENTERS HAVE SOMETHING FOR EVERYONE.

EAT RIGHT

CREATING A BALANCED DIET AND EATING PLAN MAY SOUND SIMPLE, BUT WITH TODAY'S BUSY SCHEDULES AND MEALS ON THE RUN, IT CAN BE A REAL CHALLENGE. IF YOU FEEL YOU NEED ADVICE ON HEALTHIER EATING, YOUR PRIMARY CARE PROVIDER IS AN EXCELLENT FIRST STOP, AND HE OR SHE CAN PROVIDE ADDITIONAL RESOURCES AND SUGGESTIONS.

ANOTHER RESOURCE IS THE FOOD GUIDE PYRAMID DEVELOPED BY THE U.S. DEPARTMENT OF AGRICULTURE AT WWW.MYPYRAMID.GOV.

START BEING A WISER HEALTH CONSUMER TODAY. AS A MEMBER OF THE MILITARY FAMILY AND A TRICARE BENEFICIARY, YOU'RE ALREADY OFF TO A GREAT START.

REMEMBER, SMALL LIFESTYLE CHANGES MADE TODAY CAN
MAKE A BIG IMPACT TOMORROW. IT'S YOUR CHOICE TO BE
HEALTHY!

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)