

TRICARE BENEFICIARY BULLETIN – MARCH 4 - 669 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: ANNEMARIE FELICIO REPORTS THAT **TRICARE NEWS IS AVAILABLE - FAST AND EASY - AT THE NEW MEDIA CENTER**

DON'T FEEL LIKE WAITING FOR THAT NEXT NEWSLETTER TO GET ALL THE LATEST TRICARE NEWS? VISIT THE NEW AND IMPROVED MEDIA CENTER AT TRICARE.MIL FOR THE HOTTEST LINKS TO TRICARE'S SOCIAL MEDIA AND UPDATES TO WHAT'S HAPPENING WITH TRICARE.

THE NEW MEDIA CENTER MAKES IT EASIER THAN EVER FOR BENEFICIARIES AND PROVIDERS TO FOLLOW TRICARE ONLINE AND SHARE INFORMATION WITH FRIENDS AND FAMILY. BY

JOINING THE CONVERSATION, TRICARE IS ADDRESSING CONCERNS AND PROVIDING RESOURCES TO RESOLVE THE COMMON ISSUES BENEFICIARIES HAVE WHEN ACCESSING THEIR HEALTH CARE BENEFITS.

BECOME A TRICARE FAN ON FACEBOOK, GET TWEETS ON TWITTER OR SIGN UP FOR E-MAIL ALERTS DELIVERING THE LATEST TRICARE BENEFIT INFORMATION. VIEW TRICARE NEWS RELEASES AND VIDEOS, DOWNLOAD PODCASTS AND MUCH MORE. IT'S ALL AT THE NEW TRICARE MEDIA CENTER. LOOK FOR THE LINK AT TRICARE.MIL.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NEXT, **RETIREE DENTAL COVERAGE.** A MILITARY RETIREE'S ACCESS TO DENTAL COVERAGE DOESN'T END WHEN THEY HANG UP THEIR UNIFORM. WITH THE TRICARE RETIREE DENTAL PROGRAM, RETIREES CAN PURCHASE AFFORDABLE DENTAL COVERAGE FOR THEMSELVES AND THEIR ELIGIBLE FAMILY MEMBERS.

THE PROGRAM IS AVAILABLE WORLDWIDE TO SERVICE MEMBERS RECEIVING RETIREMENT PAY, “GRAY AREA” RETIRED NATIONAL GUARD AND RESERVE MEMBERS WHO ARE ENTITLED TO BUT NOT YET RECEIVING RETIREMENT PAY, AND MEDAL OF HONOR RECIPIENTS. THEIR SPOUSES AND CHILDREN UP TO 21, OR 23 IF THEY ARE FULL-TIME STUDENTS, ARE ALSO ELIGIBLE.

PARTICIPANTS IN THIS VOLUNTARY PLAN CAN GET DENTAL CARE FROM ANY LICENSED DENTIST IN THE PROGRAM’S DESIGNATED SERVICE AREA. HOWEVER, VISITING AN OUT-OF-NETWORK DENTIST MAY REQUIRE PARTICIPANTS TO PAY HIGHER OUT-OF-POCKET EXPENSES AND FILE THEIR OWN CLAIMS.

THE TRICARE RETIREE DENTAL PROGRAM IS A PREMIUM-BASED PLAN ADMINISTERED BY DELTA DENTAL AND IT HAS COST SHARES FOR CERTAIN SERVICES AFTER BENEFICIARIES REACH THEIR \$50 PER-PERSON DEDUCTIBLE. MOST PREVENTIVE, DIAGNOSTIC AND EMERGENCY DENTAL SERVICES ARE

COVERED IMMEDIATELY BUT SOME SERVICES, LIKE
ORTHODONTICS, DENTURES AND CROWNS ARE AVAILABLE
ONLY AFTER 12 MONTHS OF ENROLLMENT.

PREMIUMS VARY BASED ON THE RETIREE'S LOCATION AND THE
NUMBER OF PEOPLE COVERED. THOSE INTERESTED SHOULD
VISIT WWW.TRDP.ORG AND CLICK "PROSPECTIVE ENROLLEES"
FOR MORE INFORMATION ON RATES AND BENEFITS.

**AND FINALLY, INTRANSITION IS NOW AVAILABLE FOR
SERVICE MEMBERS RECEIVING MENTAL HEALTH
TREATMENT, AS ANNMARIE FELICIO REPORTS.**

INTRANSITION IS A NEW PROGRAM OFFERING SERVICE
MEMBERS CURRENTLY RECEIVING MENTAL HEALTH
TREATMENT A BRIDGE OF SUPPORT BETWEEN HEALTH CARE
PROVIDERS WHEN THEY TRANSFER TO A NEW LOCATION OR
SEPARATE FROM ACTIVE SERVICE.

SERVICE MEMBERS OR REFERRING MENTAL HEALTH PROVIDERS CAN GO TO WWW.HEALTH.MIL/INTRANSITION TO FIND THE TELEPHONE NUMBER TO ACCESS THE PROGRAM BASED ON THEIR LOCATION. ONCE CONTACT IS MADE, THE SERVICE MEMBER IS ASSIGNED A TRANSITION SUPPORT COACH. THESE COACHES ARE LICENSED, MASTER'S-LEVEL BEHAVIORAL HEALTH CLINICIANS SPECIALLY TRAINED AND SKILLED IN UNDERSTANDING TODAY'S MILITARY CULTURE. THEY UNDERSTAND AND RESPECT THE IMPORTANCE OF SERVICE MEMBER PRIVACY, AND PROVIDE ONE-ON-ONE COACHING WITH THE SERVICE MEMBER VIA TELEPHONE UNTIL THE TRANSITION TO THE NEW MENTAL HEALTH PROVIDER IS COMPLETE.

TRANSITION SUPPORT COACHES OFFER SUPPORT THROUGH MOTIVATIONAL CONSULTATION AND ACTION PLANNING. THEY PROVIDE DETAILED INFORMATION ON HOW TO SUCCESSFULLY CHANGE PROVIDERS, ASSIST WITH REFERRALS AND FOLLOW-UP WITH NEW PROVIDERS TO ENSURE CONTINUITY OF CARE. COACHES ALSO OFFER CRISIS INTERVENTION TO THOSE WHO NEED IT, AND PROVIDE INFORMATION ON LOCAL COMMUNITY

RESOURCES, SUPPORT GROUPS, AND OTHER RESOURCES SPECIFICALLY TAILORED TO THE SERVICE MEMBER'S NEW DUTY STATION OR LOCATION. IN PARTICULAR, COACHES HAVE THE KNOWLEDGE TO ASSIST SERVICE MEMBERS TRANSITIONING THEIR MENTAL HEALTH CARE FROM THE MILITARY HEALTH SYSTEM TO THE DEPARTMENT OF VETERANS AFFAIRS. VISIT WWW.HEALTH.MIL/INTRANSITION FOR DETAILS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO

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

TAIL MUSIC (:03)