

TRICARE BENEFICIARY BULLETIN – MARCH 18, 2010 – 709

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 DENTAL CARE DURING PREGNANCY

DURING PREGNANCY, YOUR BODY WILL GO THROUGH MANY CHANGES, SOME OF WHICH WILL IMPACT YOUR ORAL HEALTH. WHEN YOU ARE PREGNANT, YOUR BODY'S HORMONE LEVELS RISE CONSIDERABLY. HIGHER LEVELS OF PROGESTERONE IN YOUR SYSTEM CAN LEAD TO GINGIVITIS. THIS CONDITION, WHICH IS ESPECIALLY COMMON DURING THE SECOND TO EIGHTH MONTHS OF PREGNANCY, MAY CAUSE RED, PUFFY OR TENDER GUMS THAT TEND TO BLEED WHEN YOU BRUSH.

BRUSHING YOUR TEETH TWICE A DAY WITH A FLUORIDE TOOTHPASTE AND FLOSSING ARE BOTH IMPORTANT STEPS FOR MAINTAINING GOOD ORAL HEALTH DURING YOUR PREGNANCY. ALONG WITH YOUR REGULAR DENTAL CHECK-UPS, YOU SHOULD CONTACT YOUR DENTIST IF YOU EXPERIENCE ANY CHANGES IN YOUR MOUTH DURING PREGNANCY. ADDITIONALLY, YOUR DENTIST MAY RECOMMEND MORE FREQUENT CLEANINGS BEGINNING IN YOUR SECOND TRIMESTER OR EARLY THIRD TRIMESTER TO HELP YOU AVOID PROBLEMS.

IN 2008, TRICARE INTRODUCED AN ENHANCED MATERNITY DENTAL BENEFIT THROUGH UNITED CONCORDIA COMPANIES, INC. THE ENHANCED BENEFIT AUTHORIZES AN ADDITIONAL CLEANING AT NO COST FOR ALL PREGNANT TRICARE DENTAL PROGRAM ENROLLEES. TRICARE DENTAL PROGRAM COVERAGE TYPICALLY ALLOWS FOR TWO CLEANING PROCEDURES IN A CONSECUTIVE 12-MONTH PERIOD. IF YOU ARE AN EXPECTANT MOTHER, YOU ARE ELIGIBLE FOR A THIRD CLEANING DURING THE 12-MONTH PERIOD.

FOR MORE INFORMATION ON THE TRICARE DENTAL PROGRAM,
VISIT WWW.TRICAREDEDENTALPROGRAM.COM.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT, ANNMARIE FELICIO REPORTS THAT TRICARE'S
MYBENEFIT WEB SITE IS A TOP PERFORMER

SINCE THE AMERICAN E-GOVERNMENT SATISFACTION INDEX
BEGAN MEASURING WEB SURFERS' OPINIONS ABOUT THE SITES
THEY VISIT, NONE OF THE 103 FEDERAL GOVERNMENT WEB
SITES IT TRACKS HAS SHOWN GREATER IMPROVEMENT IN
CUSTOMER SATISFACTION THAN TRICARE'S.

THE STEADY INCREASE IN SATISFACTION WITH THE TRICARE
BENEFICIARY WEB SITE, TRICARE.MIL/MYBENEFIT, IS THE
RESULT OF TRICARE'S CONSTANT AND CONTINUING
COMMITMENT TO IMPROVING BENEFICIARIES' ONLINE
EXPERIENCE. THROUGHOUT 2008, USER SATISFACTION –

MEASURED BY CUSTOMER FEEDBACK – WAS HIGHER THAN THAT SAME MONTH IN 2007. THE 2007 REDESIGN OF THE BENEFICIARY WEB SITE IS ONE OF THE MAIN REASONS FOR THE RATING INCREASE.

THE SITE HAS A CLEANER, MORE USER-FRIENDLY LAYOUT ALLOWING BENEFICIARIES TO EASILY FIND THE INFORMATION AND UPDATES THEY NEED ABOUT THEIR BENEFIT. A KEY FEATURE OF THE REDESIGN IS HAVING USERS PERSONALIZE THE INFORMATION THEY GET ABOUT THEIR TRICARE BENEFIT BY ANSWERING THREE QUESTIONS ABOUT THEIR LOCATION, BENEFICIARY STATUS AND CURRENT TRICARE PLAN.

TWO OTHER FEATURES LAUNCHED IN THE REDESIGN – “THE PLAN WIZARD” AND “IS IT COVERED?” – ALSO HELPED TO INCREASE TRICARE.MIL’S USABILITY. THE “PLAN WIZARD” ELIMINATES THE GUESSWORK FOR NEW BENEFICIARIES WHO MAY NOT BE SURE WHICH TRICARE PLAN THEY ARE ENROLLED IN AND PROVIDES A LIST OF PLANS THEY MAY BE ELIGIBLE FOR. BENEFICIARIES CAN VISIT THE “IS IT COVERED?” SECTION TO

FIND OUT WHICH HEALTH CARE SERVICES TRICARE COVERS.

MORE IMPROVEMENTS TO TRICARE.MIL ARE ON THE WAY INCLUDING STREAMLINED PROFILE ENTRY AND A SOLUTIONS CENTER FEATURING ANSWERS TO THE MOST FREQUENTLY ASKED QUESTIONS ABOUT TRICARE.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

FINALLY, STRONG BONES FOR STRONG HEALTH

PREVENTION OF BONE DISEASE BEGINS AT BIRTH AND IS A LIFELONG CHALLENGE. ACCORDING TO THE U. S. SURGEON GENERAL, EACH YEAR ABOUT 1.5 MILLION PEOPLE SUFFER BONE FRACTURES DUE TO OSTEOPOROSIS. BONE HEALTH IS IMPORTANT FOR OVERALL HEALTH AND QUALITY OF LIFE. TRICARE ENCOURAGES BENEFICIARIES TO INCORPORATE A FEW THINGS INTO THEIR LIVES TO HELP DEVELOP STRONG AND HEALTHY BONES.

BENEFICIARIES CAN DEVELOP STRONG BONES BY FOLLOWING A

BONE-HEALTHY DIET, PARTICIPATING IN REGULAR WEIGHT-BEARING EXERCISE AND AVOIDING TOBACCO. YOUR PRIMARY CARE MANAGER CAN HELP GUIDE YOU IN MAKING CHOICES THAT PROMOTE BONE HEALTH.

IN ADDITION TO EATING A DIET RICH IN CALCIUM, EXERCISE CAN ALSO HELP STRENGTHEN BONES. REGULAR WEIGHT-BEARING EXERCISES HELP REACH AND MAINTAIN PEAK BONE MASS, THE HIGHEST LEVEL OF BONE DENSITY. ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, A PERSON WITH HIGH BONE MASS AS A YOUNG ADULT WILL BE MORE LIKELY TO HAVE A HIGHER BONE MASS LATER IN LIFE. BUT KEEP IN MIND THAT IT IS NEVER TOO LATE TO DEVELOP HEALTHY BONES. MAKING HEALTHY LIFESTYLE CHOICES LATER IN LIFE CAN STILL HAVE A POSITIVE IMPACT. EFFECTIVE WEIGHT-BEARING EXERCISES INCLUDE WALKING, JOGGING OR RUNNING, WEIGHT LIFTING AND STAIR CLIMBING.

SIXTY-FIVE IS THE RECOMMENDED AGE FOR WOMEN TO GET A BONE TEST TO MEASURE THE RISK OF OSTEOPOROSIS;

HOWEVER, BENEFICIARIES SHOULD TALK WITH THEIR DOCTORS ABOUT GETTING TESTED EARLIER IF THERE IS A FAMILY HISTORY. TRICARE COVERS BONE DENSITY STUDIES FOR NUMEROUS REASONS, SUCH AS THE DIAGNOSIS AND MONITORING OF OSTEOPOROSIS AND OSTEOPENIA.

FOR MORE INFORMATION ABOUT BONE HEALTH, VISIT THE CDC AT CDC.GOV/NUTRITION.

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)