

TRICARE BENEFICIARY BULLETIN – MARCH 25, 2010 – 632

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 THE EXTENSION OF TRICARE'S WEB-BASED COUNSELING PROGRAM

TO CONTINUE GIVING BENEFICIARIES THE HELP THEY NEED, THE TRICARE ASSISTANCE PROGRAM HAS BEEN EXTENDED THROUGH MARCH 20, 2011. ELIGIBLE BENEFICIARIES CAN USE THE INTERNET AND A WEB CAM TO SPEAK FACE-TO-FACE WITH MENTAL HEALTH COUNSELORS 24 HOURS A DAY, SEVEN DAYS A WEEK.

THESE INTERACTIVE VIDEO SESSIONS ARE UNLIMITED AND INCLUDE ASSESSMENTS, SHORT-TERM COUNSELING AND, IF THE COUNSELOR DETERMINES MORE SPECIALIZED CARE IS NECESSARY, REFERRAL TO A MORE COMPREHENSIVE LEVEL OF CARE. BENEFICIARIES DO NOT REQUIRE A REFERRAL OR PRIOR AUTHORIZATION IN ORDER TO USE THESE SERVICES.

THIS DEMONSTRATION PROGRAM IS AVAILABLE IN THE UNITED STATES TO ACTIVE DUTY SERVICE MEMBERS, THOSE ELIGIBLE FOR THE TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM AND MEMBERS ENROLLED IN TRICARE RESERVE SELECT. IT IS ALSO AVAILABLE TO SPOUSES OF ANY AGE AND OTHER ELIGIBLE FAMILY MEMBERS 18 YEARS OF AGE OR OLDER.

FOR MORE INFORMATION, VISIT [TRICARE.MIL/TRIAP](http://TRICARE.MIL/TRIAP).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

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NEXT, DON'T LET FAD DIETS FOOL YOU!

WHEN IT COMES TO WEIGHT MANAGEMENT OR CONTROL, FAD DIETS ARE UNLIKELY TO STAND THE TEST OF TIME. QUICK WEIGHT LOSS AND FAD DIETS MAY PROVIDE TEMPORARY WEIGHT CHANGES, BUT ARE UNLIKELY TO SOLVE YOUR WEIGHT PROBLEMS OVER THE LONG HAUL, AND MAY EVEN BE POTENTIALLY DANGEROUS.

FAD DIETS USUALLY OVEREMPHASIZE ONE PARTICULAR TYPE OF FOOD OR RESTRICT CERTAIN FOOD GROUPS. THEY MAY RECOMMEND REGIMENS SUCH AS VERY LOW-FAT, LOW-CARBOHYDRATES, HIGH-PROTEIN OR FOCUSING ON ONE PARTICULAR FOOD ITEM SUCH AS GRAPEFRUIT. THEY IGNORE THE FIRST PRINCIPLE OF GOOD NUTRITION: IT'S IMPORTANT TO EAT A BALANCED DIET.

ACCORDING TO THE DIETARY GUIDELINES FOR AMERICANS, A HEALTHY EATING PLAN EMPHASIZES FRUITS, VEGETABLES, WHOLE GRAINS AND FAT-FREE OR LOW-FAT MILK AND MILK PRODUCTS; INCLUDES LEAN MEATS, POULTRY, FISH, BEANS, EGGS AND NUTS; IS LOW IN SATURATED FATS, TRANS FATS,

CHOLESTEROL, SALT AND ADDED SUGARS; AND STAYS WITHIN YOUR DAILY CALORIE NEEDS.

DESPITE WHAT MANY QUICK WEIGHT-LOSS DIET BOOKS, WEB SITES, COMMERCIALS OR OTHERS MAY SAY, THE ONLY REAL AND SENSIBLE WAY TO LOSE WEIGHT IS TO BURN MORE CALORIES THAN YOU CONSUME. TO MAINTAIN A HEALTHY WEIGHT PERMANENTLY, EAT A WELL BALANCED DIET, EXERCISE PORTION CONTROL AND BALANCE YOUR FOOD INTAKE WITH PHYSICAL ACTIVITY.

FOR TRICARE MANAGEMENT ACTIVITY, I'M AUSTIN CAMACHO.

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FINALLY, LORRAINE CWIEKA REPORTS ON TRANSFERRING YOUR TRICARE COVERAGE WHEN YOU MOVE

IF YOU WILL SOON BE MAKING A PERMANENT CHANGE OF STATION MOVE WITHIN THE UNITED STATES, THERE ARE SEVERAL THINGS TO CONSIDER THAT CAN HELP ELIMINATE GAPS IN YOUR TRICARE COVERAGE.

FIRST, CHECK YOUR FAMILY'S TRICARE STATUS IN THE DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM, OR DEERS.

BEFORE YOU MOVE, CHECK YOUR INFORMATION IN DEERS TO ENSURE THAT YOU AND YOUR FAMILY'S INFORMATION IS UP TO DATE.

NEXT, PLAN AHEAD. GIVE YOURSELF PLENTY OF TIME TO FILL PRESCRIPTIONS AND SCHEDULE ROUTINE PHYSICALS, WELL-CHILD CARE AND IMMUNIZATIONS BEFORE YOU LEAVE. IF YOU ARE TAKING MEDICATION FOR A LONG-TERM CONDITION, SUCH AS HIGH BLOOD PRESSURE, DIABETES OR ASTHMA, MAKE SURE YOU HAVE ENOUGH MEDICATION TO LAST THROUGH YOUR MOVE.

ALSO, DON'T FORGET YOUR MEDICAL RECORDS. ASK YOUR CIVILIAN PRIMARY CARE MANAGER AND DENTIST FOR COPIES OF YOUR MEDICAL AND DENTAL RECORDS BEFORE MOVING. YOU MAY BE CHARGED AN ADMINISTRATIVE FEE FOR COPIES OF YOUR RECORDS. HAVING YOUR RECORDS WILL HELP YOUR NEW

HEALTH CARE PROVIDERS UNDERSTAND YOUR HEALTH HISTORY AND BETTER COORDINATE YOUR CARE.

AND FINALLY, TRANSFER ENROLLMENT UPON ARRIVAL — DO NOT DISENROLL FROM YOUR CURRENT TRICARE PRIME PROGRAM BEFORE YOU ARRIVE AT YOUR NEXT DUTY STATION. ONCE YOU ARRIVE AT YOUR NEW DUTY STATION, UPDATE YOUR DEERS INFORMATION WITH YOUR NEW ADDRESS. THEN, SUBMIT A COMPLETED TRICARE PRIME ENROLLMENT FORM TO YOUR REGIONAL CONTRACTOR TO TRANSFER YOUR TRICARE PRIME OR TRICARE PRIME REMOTE ENROLLMENT.

IF TRICARE PRIME OR TRICARE PRIME REMOTE ARE NOT AVAILABLE, YOU WILL NEED TO TERMINATE YOUR FAMILY'S TRICARE PRIME ENROLLMENT VOLUNTARILY BY SUBMITTING A COMPLETED TRICARE PRIME DISENROLLMENT FORM TO YOUR REGIONAL CONTRACTOR. YOUR FAMILY MEMBERS WILL BE COVERED UNDER TRICARE STANDARD AND TRICARE EXTRA ONCE THEY HAVE DISENROLLED FROM TRICARE PRIME.

FOR MORE INFORMATION, VISIT [TRICARE.MIL/MYBENEFIT](http://TRICARE.MIL/MYBENEFIT).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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

TAIL MUSIC (:03)