

TRICARE BENEFICIARY BULLETIN – April 1, 2010 – 656

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 LIFE-SAVING DONATION PROGRAMS OFFERED BY THE DEFENSE DEPARTMENT

THE MILITARY COMMUNITY IS KNOWN FOR MAKING SACRIFICES AND GIVING ITS ALL. ALONG WITH SERVING AMERICA AND PROTECTING LIVES, MANY SERVICE MEMBERS ALSO DONATE LIFE TO OTHERS BY GIVING BLOOD OR BONE MARROW.

THE EASIEST WAY TO GIVE SOMEONE THE GIFT OF LIFE DURING IS BY GIVING BLOOD. THE ARMED SERVICES BLOOD PROGRAM OPERATES 22 BLOOD DONOR CENTERS IN THE UNITED STATES

AND ABROAD, COLLECTING BLOOD AND PLATELETS USED BY MORE THAN A MILLION SERVICE MEMBERS AND THEIR FAMILIES. IT CAN TAKE AS LITTLE AS TEN MINUTES TO COLLECT ONE PINT OF BLOOD, AND BLOOD DONATIONS CAN BE MADE UP TO SIX TIMES A YEAR. MOST ADULTS IN GOOD HEALTH CAN DONATE BLOOD, BUT THERE ARE RESTRICTIONS FOR CERTAIN MEDICAL CONDITIONS, TATTOOS OR OVERSEAS TRAVEL.

TO FIND THE CLOSEST ARMED SERVICES BLOOD PROGRAM DONOR CENTER GO TO WWW.MILITARYBLOOD.DOD.MIL.

THOSE UNABLE TO DONATE BLOOD MAY STILL BE ABLE TO SERVE AS A BONE MARROW DONOR. BONE MARROW IS USED TO TREAT MANY DISEASES INCLUDING LEUKEMIA, LYMPHOMA AND GENETIC DISORDERS.

THE DEFENSE DEPARTMENT MARROW DONOR PROGRAM PROVIDES THE DONOR TRANSPORTATION TO, AND LODGING WHERE THE DONATION IS TAKING PLACE, ALONG WITH SUPPORT AND EDUCATION ON THE DONATION PROCESS. BY

LAW, FEDERAL EMPLOYEES ARE ALLOWED UP TO SEVEN DAYS OF PAID LEAVE FOR BONE MARROW DONATION. COMMAND APPROVAL IS REQUIRED FOR ACTIVE DUTY SERVICE MEMBERS.

VISIT WWW.DODMARROW.ORG FOR ADDITIONAL INFORMATION ABOUT THE DEFENSE DEPARTMENT BLOOD MARROW DONATION PROGRAM.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT, ANNMARIE FELICIO REPORTS ON NUTRITION FOR HEALTHY BABIES AND MOTHERS

NUTRITION IS ONE OF THE MOST IMPORTANT FACTORS CONTRIBUTING TO A BABY OR TODDLER'S HEALTH.

FOR INFANTS, BREASTFEEDING OFFERS HEALTH BENEFITS TO BOTH THE BABY AND THE MOTHER. BREAST MILK PROVIDES ALL THE NECESSARY VITAMINS AND MINERALS AND THE RIGHT AMOUNT AND PROPORTIONS OF FAT, SUGAR, WATER, AND

PROTEIN. BREAST MILK IS EASY TO DIGEST AND CONTAINS ANTIBODIES THAT CAN EVEN PROTECT INFANTS FROM VIRAL AND BACTERIAL INFECTIONS.

THE HEALTH EFFECTS OF BREASTFEEDING FOR MOTHERS ARE SIGNIFICANT, TOO. ACCORDING TO THE DEPARTMENT FOR HEALTH AND HUMAN SERVICES, BREASTFEEDING IS LINKED TO A LOWER RISK OF TYPE 2 DIABETES, BREAST CANCER, OVARIAN CANCER, AND POSTPARTUM DEPRESSION IN MOTHERS.

ONCE A MOTHER HAS DECIDED TO STOP BREASTFEEDING IT'S IMPORTANT TO CONTINUE TO PROVIDE THE RIGHT VITAMINS AND NUTRIENTS FOR CHILDREN. FOR CHILDREN YOUNGER THAN AGE 2, UP TO 50 PERCENT OF CALORIES SHOULD COME FROM FAT. WHOLE MILK IS A GOOD OPTION TO REPLACE BREAST MILK AFTER THE AGE OF 1. MOTHERS CAN SWITCH TO LOW-FAT MILK AFTER AGE 2 OR 3.

TRICARE COVERS WELL-CHILD CARE FOR ELIGIBLE NEWBORNS UP TO AGE SIX WHICH INCLUDES ROUTINE NEWBORN CARE,

HEIGHT AND WEIGHT MEASUREMENTS AND DEVELOPMENTAL APPRAISAL.

ADDITIONAL INFORMATION ABOUT NUTRITION AND OBESITY CAN BE FOUND AT TRICARE.MIL/GETFIT.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

FINALLY, TRICARE AND VA WORK TOGETHER

SERVICE MEMBERS WHO BECAME ILL OR INJURED WHILE SERVING ON ACTIVE DUTY AND ARE THEN MEDICALLY RETIRED HAVE HEALTH BENEFITS AVAILABLE TO THEM THROUGH BOTH THE DEFENSE DEPARTMENT AND THE DEPARTMENT OF VETERANS AFFAIRS.

MEDICALLY-RETIRED VETERANS AND THEIR FAMILY MEMBERS CAN CHOOSE TRICARE PRIME WHERE IT'S AVAILABLE, OR USE TRICARE STANDARD AND TRICARE EXTRA. AND RETIREES WHO ARE ALSO ELIGIBLE FOR MEDICARE BECAUSE OF DISABILITY

MUST MAINTAIN MEDICARE PARTS A AND B TO KEEP THEIR TRICARE COVERAGE.

RETIREEES ELIGIBLE FOR DEPARTMENT OF VETERANS AFFAIRS, OR VA, HEALTH BENEFITS ALONG WITH THEIR TRICARE RETIREE HEALTH CARE BENEFITS CAN RECEIVE CARE FROM VA OR TRICARE. TRICARE COVERS BENEFICIARIES EVEN IF THEY RECEIVED TREATMENT THROUGH THE VA FOR THE SAME MEDICAL CONDITION IN A PREVIOUS EPISODE OF CARE.

RETIREEES WITH A SERVICE-CONNECTED DISABILITY RATED BY VA AT 50 PERCENT OR HIGHER; ARE UNEMPLOYABLE DUE TO THE SERVICE-CONNECTED DISABILITY; OR ARE SEEKING CARE FOR THE SERVICE-CONNECTED DISABILITY ARE ELIGIBLE FOR HIGH-PRIORITY CARE FROM THE VA.

WHEN CHOOSING TO USE THEIR TRICARE BENEFIT, RETIREEES MAY BE AUTHORIZED TO RECEIVE CARE AT PARTICIPATING VA MEDICAL CENTERS, A MILITARY TREATMENT FACILITY, OR A TRICARE NETWORK PROVIDER. RETIREEES CAN LEARN ABOUT THE DIFFERENT FINANCIAL RESPONSIBILITIES FOR TRICARE-

COVERED SERVICES AND VA BENEFITS BY CONTACTING THEIR
TRICARE REGIONAL CONTRACTOR, OR VA HEALTH BENEFITS
SERVICE CENTER AT 877-222-VETS.

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)

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