

TRICARE BENEFICIARY BULLETIN – APRIL 8, 2010 – 614

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 DAVE HAFT (:10)

FIRST UP: ANNMARIE FELICIO REPORTS ON HOW TIMELY
IMMUNIZATIONS HELP PROTECT CHILDREN

VACCINES ARE ONE OF THE MOST IMPORTANT MEDICAL
BREAKTHROUGHS IN HISTORY AND PROTECT CHILDREN FROM
DISEASES THAT, IN THE PAST AND AROUND THE WORLD TODAY,
CAUSED SERIOUS ILLNESS AND OFTEN DEATH. INFANT
IMMUNIZATIONS GIVE CHILDREN A HEALTHY START IN LIFE.

TRICARE COVERS THE AGE-APPROPRIATE VACCINES
RECOMMENDED BY THE CENTERS FOR DISEASE CONTROL AND

PREVENTION AND ADMINISTERED BY A PRIMARY CARE PROVIDER. THE CURRENT VACCINE SCHEDULE RECOMMENDS THAT INFANTS BE PROTECTED AGAINST 14 DISEASES BEFORE THE AGE OF 2.

VACCINES ARE AN INTEGRAL PART OF TRICARE'S WELL-CHILD BENEFIT THAT COVERS ALL ROUTINE CARE FOR CHILDREN UP TO AGE 6. WELL-CHILD CHECK-UPS INCLUDE COMPREHENSIVE HEALTH PROMOTION AND DISEASE PREVENTION EXAMS, AND DEVELOPMENTAL AND BEHAVIORAL APPRAISALS. TRICARE'S WELL-CHILD CARE ALSO COVERS EYE AND VISION SCREENINGS AT BIRTH AND 6 MONTHS, AND TWO EYE EXAMS BETWEEN THE AGES OF 3 AND 6.

VACCINES ARE THOROUGHLY TESTED BY THE U.S. FOOD AND DRUG ADMINISTRATION BEFORE THEY ARE RECOMMENDED FOR USE. ANY OUT-OF-THE-ORDINARY RESPONSES TO VACCINES ARE REPORTED AND MONITORED BY DOCTORS AND PUBLIC HEALTH OFFICIALS.

PARENTS ARE ENCOURAGED TO DISCUSS ANY CONCERNS ABOUT VACCINES WITH THEIR PEDIATRICIAN. LEARN MORE ABOUT THE IMPORTANCE OF INFANT IMMUNIZATIONS AND VACCINE SCHEDULES AT CDC.GOV/VACCINES.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

NEXT, APRIL IS THE MONTH TO CELEBRATE MILITARY CHILDREN

MILITARY CHILDREN ARE EXPOSED TO SITUATIONS UNIQUE TO MILITARY FAMILIES. WHILE THERE ARE MANY GREAT EXPERIENCES AND OPPORTUNITIES, MILITARY CHILDREN ALSO MAKE SACRIFICES AND SERVE THEIR COUNTRY AS MUCH AS ANYONE IN UNIFORM DOES.

MILITARY CHILDREN OFTEN MUST DEAL WITH HAVING A PARENT DEPLOYED. WHEN A PARENT IS DEPLOYED, MANY CHILDREN ARE VULNERABLE BECAUSE THEY MAY NOT KNOW HOW TO HANDLE ALL THE CHANGES AND UNCERTAINTIES. IN ADDITION TO DEALING WITH FREQUENT PARENTAL

DEPLOYMENTS, ACTIVE DUTY FAMILIES MOVE EVERY FEW YEARS. THIS RESULTS IN MAKING THE CHILDREN UPROOT, CHANGE SCHOOLS AND SAY GOODBYE TO FRIENDS. LEAVING FRIENDS AND CHANGING SCHOOLS CAN BE EMOTIONALLY DIFFICULT.

THROUGHOUT THE MONTH, MILITARY COMMANDS AROUND THE WORLD HOST SPECIAL EVENTS AND ACTIVITIES TO SALUTE MILITARY CHILDREN. FAMILIES ENJOY FUN EVENTS, SUCH AS CARNIVALS, PARADES, ICE CREAM SOCIALS, TALENT SHOWS, CONCERTS AND ART CONTESTS TO NAME A FEW. ANOTHER GREAT ACTIVITY OFFERED AT SOME INSTALLATIONS IS FREE HEALTH SCREENING FOR CHILDREN.

FOR MORE INFORMATION ON MONTH OF THE MILITARY CHILD ACTIVITIES IN YOUR AREA, CONTACT YOUR LOCAL MORALE, WELFARE AND RECREATION CENTERS. OTHER VALUABLE INFORMATION ABOUT RELOCATION AND DEPLOYMENT CAN BE FOUND AT MILITARYSTUDENT.DOD.MIL.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

FINALLY, LORRAINE CWIEKA REPORTS ON WOMEN'S HEALTH
ISSUES

WHEN IT COMES TO HEALTH PROBLEMS, MEN AND WOMEN
HAVE MUCH IN COMMON, BUT THEY ALSO HAVE THEIR OWN
SETS OF GENDER SPECIFIC ISSUES. THE LEADING CAUSES OF
DEATH FOR WOMEN ARE HEART DISEASE, CANCER AND STROKE.
TRICARE WANTS OUR FEMALE BENEFICIARIES TO TAKE CARE OF
THEMSELVES FIRST AND USE THE COVERED EXAMS TO PROTECT
THEIR HEALTH.

EXCEPT FOR NON-MELANOMA SKIN CANCER, BREAST CANCER IS
THE MOST COMMON FORM OF CANCER IN WOMEN AND IS THE
THIRD MOST COMMON CANCER AMONG TRICARE
BENEFICIARIES. TRICARE COVERS ANNUAL MAMMOGRAM
EXAMINATIONS FOR WOMEN 40 AND OLDER AND, AT A
PHYSICIAN'S DISCRETION, FOR WOMEN YOUNGER THAN 40 WHO
ARE AT HIGH RISK OF DEVELOPING BREAST CANCER. THERE IS

NO COST FOR SCREENING MAMMOGRAMS.

A PAP SMEAR AND PELVIC EXAM ON A PERIODIC BASIS ARE IMPORTANT FOR DETECTING CANCER OR ABNORMALITIES IN THE FEMALE ORGANS THAT MAY LEAD TO CANCERS. TRICARE COVERS PELVIC EXAMINATIONS IN CONJUNCTION WITH PAP SMEAR TESTING WHEN NECESSARY, OR ANNUALLY BEGINNING AT AGE 18, OR YOUNGER, IF SEXUALLY ACTIVE. THERE IS ALSO NO COST FOR A SCREENING PAP SMEAR.

LADIES, BE AWARE OF, AND WHERE POSSIBLE, ADDRESS THE DISEASE RISK FACTORS YOU HAVE THAT MIGHT PRESENT A HAZARD TO YOUR HEALTH. AND TAKE ADVANTAGE OF YOUR TRICARE BENEFITS TO GET THE CHECKUPS, PREVENTIVE SERVICES AND TREATMENT YOU NEED TO KEEP YOU HEALTHY. YOU CAN LEARN MORE ABOUT WOMEN-SPECIFIC HEALTH ISSUES AT WOMENSHEALTH.GOV.

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)