

TRICARE BENEFICIARY BULLETIN – APRIL 22, 2010 – 633

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 ON HOW TRICARE MOVES WITH MOMS-TO-BE

A PREGNANCY IS AN EXCITING AND EMOTION-FILLED NINE MONTHS FOR A FAMILY, WHETHER IT'S A FIRST CHILD OR A FOURTH. FOR MILITARY FAMILIES, SOME OF THE EXCITEMENT CAN ALSO INCLUDE A LITTLE STRESS IF THERE IS A TRANSFER TO A NEW DUTY STATION THROWN INTO THE MIX. BUT DON'T STRESS, MOMS-TO-BE, TRICARE COVERAGE GOES WITH YOU WHENEVER AND WHEREVER YOU MOVE.

TRICARE COVERS NECESSARY PRENATAL CARE FROM THE FIRST OBSTETRIC VISIT THROUGH SIX WEEKS AFTER CHILDBIRTH. IF A MOM-TO-BE RELOCATES DURING HER PREGNANCY, TRICARE ENSURES HER CONTINUITY OF CARE. TO MAKE SURE EVERYTHING GOES SMOOTHLY, EXPECTANT MOTHERS SHOULD DISCUSS THEIR UPCOMING MOVE WITH THEIR PROVIDER AND REQUEST COPIES OF THEIR MEDICAL RECORDS. ANY ROUTINE PRENATAL CARE NEEDED UP TO THAT POINT SHOULD BE COMPLETED BEFORE MOVING.

IF A MOVE TAKES PLACE LATE IN A PREGNANCY, OR IF THE PREGNANCY IS A DIFFICULT ONE, IT IS ESPECIALLY IMPORTANT FOR WOMEN TO WORK WITH THEIR CURRENT PROVIDER AND REGIONAL HEALTH CARE CONTRACTOR TO FIND A PROVIDER IN THE AREA WHERE THEY ARE MOVING.

THE SPONSOR IS RESPONSIBLE FOR MAKING SURE THE FAMILY'S TRICARE ENROLLMENT TRANSITIONS SMOOTHLY FROM ONE DUTY STATION TO THE NEXT. WHEN THE MOVE IS COMPLETE, A SPONSOR MUST UPDATE EVERY FAMILY MEMBER'S

INFORMATION IN DEERS TO REFLECT THE NEW DUTY STATION.  
LEARN HOW TO MANAGE ENROLLMENTS AND UPDATE DEERS  
USING BENEFICIARY WEB ENROLLMENT AT [TRICARE.MIL/BWE](http://TRICARE.MIL/BWE).

FOR PERSONALIZED INFORMATION ABOUT MOVING WITH  
TRICARE, ENTER A PROFILE IN THE TRICARE BENEFICIARY WEB  
PORTAL AT [TRICARE.MIL/MYBENEFIT](http://TRICARE.MIL/MYBENEFIT), OR GO TO  
[TRICARE.MIL/CONTACTUS](http://TRICARE.MIL/CONTACTUS) FOR INFORMATION ON HOW TO  
CONTACT THE REGIONAL HEALTH CARE CONTRACTOR.

BENEFICIARY COUNSELING AND ASSISTANCE COORDINATORS  
ARE ALSO AVAILABLE TO HELP WITH HEALTH CARE-RELATED  
QUESTIONS. FIND ONE AT [TRICARE.MIL/BCAC](http://TRICARE.MIL/BCAC).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

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NEXT, LORRAINE CWIEKA REPORTS ON THE EXTENSION OF  
TRICARE'S AUTISM SERVICES DEMONSTRATION

RAISING AN AUTISTIC CHILD PRESENTS A UNIQUE SET OF  
CIRCUMSTANCES FOR PARENTS. AUTISTIC CHILDREN OFTEN

REQUIRE SPECIAL SERVICES WHICH CAN BE EXPENSIVE. TO HELP BENEFICIARIES WITH AN AUTISTIC CHILD, TRICARE HAS EXTENDED A DEMONSTRATION PROGRAM PROVIDING REIMBURSEMENT FOR EDUCATIONAL INTERVENTIONS PROVIDED BY TUTORS.

THE ENHANCED ACCESS TO AUTISM SERVICES DEMONSTRATION PROJECT HAS BEEN EXTENDED FOR TWO YEARS THROUGH MARCH 14, 2012.

THE AUTISM DEMONSTRATION PROGRAM EXPANDS THE NUMBER OF AVAILABLE PROVIDERS AND LOWERS COSTS BY REIMBURSING TUTORS PROVIDING APPLIED BEHAVIOR ANALYSIS TO ELIGIBLE TRICARE BENEFICIARIES. THESE TUTORS MUST BE WORKING UNDER THE SUPERVISION OF BOARD-CERTIFIED BEHAVIOR ANALYSTS.

PARTICIPATION IN THE DEMONSTRATION PROGRAM IS OPEN TO ACTIVE DUTY FAMILY MEMBERS REGISTERED IN TRICARE'S EXTENDED CARE HEALTH OPTION IN THE UNITED STATES AND

THE DISTRICT OF COLUMBIA. TO LEARN MORE ABOUT THE ENHANCED ACCESS TO AUTISM SERVICES DEMONSTRATION PROJECT GO TO [TRICARE.MIL/AUTISMDEMO](http://TRICARE.MIL/AUTISMDEMO). FOR MORE INFORMATION ABOUT THE EXTENDED CARE HEALTH OPTION, VISIT [TRICARE.MIL/ECHO](http://TRICARE.MIL/ECHO).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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FINALLY, YOUR PATIENT RIGHTS AND RESPONSIBILITIES

AS A TRICARE BENEFICIARY, YOU AND THE MILITARY HEALTH SYSTEM SHARE RESPONSIBILITY FOR YOUR HEALTH CARE. BY FULFILLING YOUR RESPONSIBILITIES AS A HEALTH CARE CONSUMER AND UNDERSTANDING YOUR RIGHTS AS A PATIENT, YOU CAN HELP ENSURE THE BEST POSSIBLE HEALTH CARE FOR YOU AND YOUR FAMILY.

SOME OF YOUR RESPONSIBILITIES INCLUDE:

- MAINTAINING A HEALTHILY LIFESTYLE BY EXERCISING, EATING A WELL-BALANCED DIET AND LIMITING OR

- MAKING SMART HEALTH CARE DECISIONS BY WORKING WITH PROVIDERS TO DEVELOP AND CARRY OUT AGREED-UPON TREATMENT PLANS, DISCLOSING RELEVANT INFORMATION AND CLEARLY COMMUNICATING YOUR WANTS AND NEEDS.
- SHOWING RESPECT TO OTHER PATIENTS AND HEALTH CARE WORKERS AND REPORT WRONGDOING OR FRAUD TO APPROPRIATE RESOURCES OR LEGAL AUTHORITIES.

SOME OF YOUR PATIENT RIGHTS INCLUDE:

- INFORMATION — YOU HAVE THE RIGHT TO RECEIVE ACCURATE, EASY-TO-UNDERSTAND INFORMATION TO HELP YOU MAKE INFORMED DECISIONS.
- EMERGENCY CARE — YOU HAVE THE RIGHT TO ACCESS EMERGENCY HEALTH CARE SERVICES WHEN AND WHERE THE NEED ARISES.
- PARTICIPATION—YOU HAVE THE RIGHT TO ACCESS INFORMATION ABOUT DIAGNOSIS, TREATMENT AND THE

FOR MORE INFORMATION ABOUT YOUR RIGHTS AND  
RESPONSIBILITIES, VISIT [TRICARE.MIL/MYBENEFIT](http://TRICARE.MIL/MYBENEFIT).

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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)