

TRICARE BENEFICIARY BULLETIN – APRIL 29, 2010 – 647

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 REMINDS OVERSEAS BENEFICIARIES TO UPDATE THEIR DEERS INFORMATION

TRICARE BENEFICIARIES LIVING OVERSEAS SHOULD KEEP AN EYE ON THEIR MAILBOX FOR CRITICAL INFORMATION ABOUT HOW THE NEW TRICARE OVERSEAS PROGRAM CONTRACT AFFECTS THEM. TO MAKE SURE THIS INFORMATION FINDS ITS WAY INTO THE RIGHT MAILBOX, BENEFICIARIES LIVING ABROAD NEED TO UPDATE THEIR RECORDS IN THE DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM, OR DEERS – ESPECIALLY THEIR MAILING ADDRESS – AS SOON AS POSSIBLE.

CONTACT INFORMATION CAN BE UPDATED IN DEERS IN SEVERAL WAYS INCLUDING IN PERSON AT A MILITARY ID CARD ISSUING FACILITY, ONLINE AND BY PHONE, FAX OR MAIL.

FOR MORE INFORMATION ABOUT DEERS, GO TO TRICARE.MIL/DEERS. TO LEARN MORE ABOUT THE TRICARE OVERSEAS PROGRAM GO TO TRICARE.MIL/TOPCONTRACT.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT, PROTECTING ACCESS TO YOUR FAMILY MEMBERS' PERSONAL INFORMATION

TRICARE IS COMMITTED TO PROTECTING YOUR PRIVACY. MAINTAINING THE SECURITY OF YOUR AND YOUR LOVED ONES' PROTECTED HEALTH INFORMATION, OR PHI, IS CRITICAL. TRICARE RECOGNIZES THAT CERTAIN CIRCUMSTANCES, SUCH AS DIVORCE, SEPARATION OR EVEN TEMPORARY GUARDIANSHIP, CAN IMPACT YOUR PERSONAL LIFE.

IN ORDER TO MAINTAIN PRIVACY, YOUR REGIONAL CONTRACTOR MAY REQUIRE DOCUMENTATION BEFORE ALLOWING ACCESS TO HEALTH INFORMATION REGARDING ANY BENEFICIARY. THE FOLLOWING ARE EXAMPLES OF LEGAL DOCUMENTATION THAT MAY BE REQUESTED TO ALLOW YOU TO ACCESS FAMILY MEMBERS' HEALTH INFORMATION:

- FOR ADULTS, SUCH AS A HUSBAND TRYING TO OBTAIN HEALTH INFORMATION FOR HIS DEPLOYED WIFE, A WRITTEN AUTHORIZATION TO DISCLOSE INFORMATION FORM IS NEEDED TO DISCUSS CARE OR SERVICES.
- IN CASES OF DIVORCED, SEPARATED, NEVER-MARRIED OR DUAL SPONSOR PARENTS, AS WELL AS FAMILIES WITH STEPCHILDREN OR NONBIOLOGICAL PARENTS, A COMPLETE COPY OF ANY COURT ORDER BEFORE RELEASING PHI TO EITHER PARENT, GUARDIAN OR STEPPARENT, INCLUDING THE SPONSOR MAY BE REQUESTED. TRICARE MAY NEED TO VERIFY WHO HAS LEGAL CUSTODY OF A MINOR CHILD BEFORE APPROVING A POWER OF ATTORNEY OR *AUTHORIZATION TO DISCLOSE INFORMATION* FORM. IF YOU DO

- IF YOU ARE THE PARENT OR GUARDIAN OF AN INCAPACITATED ADULT AGED DEPENDENT, TRICARE MAY NEED DOCUMENTATION THAT THE ADULT BENEFICIARY IS NOT ABLE TO ACT ON HIS OR HER OWN BEHALF.
- IF YOU WISH TO RESTRICT ACCESS TO A CHILD'S PHI, LEGAL DOCUMENTATION MAY ALSO BE NEEDED. IN MOST CASES, TRICARE CANNOT RESTRICT EITHER PARENT'S ACCESS UNLESS A COURT ORDER IS PROVIDED ALLOWING SUCH AN ACTION.

FOR ANSWERS TO SPECIFIC QUESTIONS, PLEASE CONTACT YOUR REGIONAL CONTRACTOR OR VISIT TRICARE.MIL/MYBENEFIT.

FINALLY, ANNMARIE FELICIO REPORTS ON A NEW, FASTER WAY TO RECEIVE THE TRICARE PODCAST.

WAITING FOR THE LATEST TRICARE NEWS TO SHOW UP IN THE MAILBOX IS ONE WAY TO STAY UP-TO-DATE ABOUT HEALTH

CARE. ANOTHER WAY – A FASTER WAY – IS TO SUBSCRIBE TO THE TRICARE BENEFICIARY BULLETIN PODCAST FOR THE LATEST IN TRICARE NEWS AND UPDATES EVERY WEEK.

NOW THERE'S NO REASON TO WAIT FOR TRICARE UPDATES IN THE MAIL. PODCASTS GIVE BENEFICIARIES QUICK, WEEKLY UPDATES THEY CAN ACCESS ON THEIR SCHEDULE. TRICARE PODCASTS ARE THE FLEXIBLE WAY TO ACCESS TRICARE NEWS. AFTER SUBSCRIBING, BENEFICIARIES CAN LISTEN TO THE PODCAST ANYWHERE OR ANY TIME THEY HIT PLAY ON THEIR IPOD OR OTHER MP3 DEVICE, WHETHER IT'S DRIVING TO WORK, WALKING THE DOG OR COOKING DINNER.

BENEFICIARIES CAN SUBSCRIBE TO THE TRICARE PODCAST AT THE APPLE ITUNES STORE, AND THEN EACH WEEK IT'S AUTOMATICALLY DOWNLOADED TO THEIR COMPUTER. TO SUBSCRIBE, GO TO TRICARE.MIL/ITUNES AND CLICK THE 'SUBSCRIBE FREE' BUTTON AFTER ITUNES LAUNCHES. YOU CAN ALSO SEARCH THE APPLE ITUNES STORE FOR 'TRICARE' AND SUBSCRIBE FROM THERE. IF A BENEFICIARY DOESN'T HAVE THE

ITUNES SOFTWARE, IT'S OFFERED AS A FREE DOWNLOAD.

DON'T HAVE ITUNES? BENEFICIARIES CAN LISTEN TO LISTEN TO THE PODCAST ON TRICARE'S FACEBOOK PAGE, OR BY VISITING THE TRICARE MEDIA CENTER AT TRICARE.MIL/MEDIACENTER.

THE MEDIA CENTER HAS THE NEWEST PODCAST, AND AN ARCHIVE OF PAST PODCASTS. WHILE IN THE MEDIA CENTER, LISTENS CAN SPREAD THE WORD ABOUT PODCASTS BY CLICKING THE 'EMAIL THIS' OR 'SHARE' BUTTONS. THESE BUTTONS UPLOAD THE PODCAST TO A FACEBOOK OR MYSPACE PROFILE, OR PERSONAL WEBSITE.

GET E-ALERTS FOR NEW PODCASTS AND SUBSCRIBE TO OTHER TRICARE BENEFIT NEWS AT TRICARE.MIL/SUBSCRIPTIONS.

FOR TRICARE MANAGEMENT ACTIVITY, ANNMARIE FELICIO

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

TAIL MUSIC (:03)