

TRICARE BENEFICIARY BULLETIN – MAY 6, 2010 – 678

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 A CAREER FAIR HOSTED BY THE TRICARE MANAGEMENT ACTIVITY

THE MILITARY IS ALWAYS LOOKING FOR A FEW GOOD MEN AND WOMEN TO SERVE THEIR COUNTRY. THE MILITARY HEALTH SYSTEM IS LOOKING FOR MORE GOOD PROFESSIONALS TO HELP CARE FOR AMERICA'S HEROES.

THE TRICARE MANAGEMENT ACTIVITY WILL HOST ITS FIRST-EVER CAREER FAIR ON MAY 21, 2010 FROM 9 A.M. TO 5 P.M. AT THE WESTIN TYSONS CORNER HOTEL IN FALLS CHURCH,

VIRGINIA.

THE CAREER FAIR IS A FREE EVENT AIMED AT INCREASING AWARENESS ABOUT CAREER OPPORTUNITIES WITHIN THE TRICARE MANAGEMENT ACTIVITY. VETERANS, PROFESSIONALS SEEKING FEDERAL CAREERS AND STUDENTS SEEKING INTERNSHIPS ARE ALL WELCOME.

THE CAREER FAIR IS EXPECTED TO BE VERY BUSY SO WE ARE ENCOURAGING ATTENDEES TO FIRST REGISTER ONLINE AT TRICARE.MIL/CAREERFAIR BY MAY 19, 2010. ON THE DAY OF THE FAIR, ATTENDEES SHOULD BRING A COPY OF THEIR RESUME, DD-214S, TRANSCRIPTS, TWO FORMS OF IDENTIFICATION—ONE MUST BE GOVERNMENT ISSUED, LICENSES AND ANY OTHER PROFESSIONAL CERTIFICATIONS WITH THEM.

THE DEFENSE DEPARTMENT OFFERS A COMPREHENSIVE BENEFITS PACKAGE THAT INCLUDES: VACATION AND SICK LEAVE, FEDERAL HOLIDAY LEAVE, 401K-TYPE PLAN, RETIREMENT BENEFITS AND MUCH MORE.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

NEXT, TRICARE SCHOOLS PARENTS ON NUTRITION WITH
ARTICLE SERIES

HOW DO WE PREVENT OVERWEIGHT OR OBESE CHILDREN FROM
BECOMING OVERWEIGHT OR OBESE ADULTS? THE FIRST STEP IN
FIGHTING CHILDHOOD OBESITY IS TO CULTIVATE AN
ENVIRONMENT OF HEALTHY EATING. GOOD NUTRITION IS
ESSENTIAL TO GOOD HEALTH AND THE BEST TIME TO BEGIN
HEALTHY EATING HABITS IS AT BIRTH. THE FOOD PARENTS
CHOOSE FOR THEIR CHILDREN PROVIDES THE ENERGY AND
NUTRIENTS KIDS NEED TO GROW UP HEALTHY.

THE DEFENSE DEPARTMENT'S HEALTHY CHOICES FOR LIFE
CAMPAIGN INCLUDES A WEIGHT MANAGEMENT COMPONENT
AND TRICARE IS ARMING PARENTS WITH THE INFORMATION TO
PREVENT, RATHER THAN TO TREAT, OBESITY WITH A SERIES OF
NUTRITIONAL ARTICLES. AVAILABLE AT
TRICARE.MIL/MEDIACENTER, EACH ARTICLE IN THE SERIES

EXAMINES A STAGE OF A CHILD'S DEVELOPMENT, EXPLAINS THE BEST FOOD CHOICES, HOW FOOD CONTRIBUTES TO GROWTH AND WHY IT'S OF CONTINUING IMPORTANCE.

INFORMATION ABOUT THE ONGOING TRICARE CAMPAIGN TO RAISE AWARENESS OF CHILDHOOD OBESITY AND ENCOURAGE CHILDREN TO EAT RIGHT AND EXERCISE IS AVAILABLE AT TRICARE.MIL/GETFIT. THE WEB SITE CONTAINS SOMETHING FOR USERS OF ALL AGES INCLUDING ARTICLES, VIDEO MESSAGES FROM THE SURGEON GENERAL, LINKS, GAMES AND WIDGETS.

AND FINALLY, LORRAINE CWIEKA REPORTS ON UNDERSTANDING PSYCHOLOGICAL HEALTH

WE ALL HAVE LOTS TO DEAL WITH EVERY DAY—FAMILY ISSUES, WORK, FINANCES AND THE GENERAL “BUSY-NESS” OF LIFE. STRESS CAN AFFECT OUR MOODS AND HOW WE THINK, FEEL AND ACT AS WE DEAL WITH BOTH POSITIVE AND NEGATIVE SITUATIONS IN LIFE. MAY IS MENTAL HEALTH MONTH AND IT'S THE PERFECT TIME TO REMIND ALL OF OUR

BENEFICIARIES THAT IF THE STRESSES IN YOUR LIFE ARE GETTING YOU DOWN, TRICARE IS HERE TO HELP.

MANY PEOPLE FIND IT DIFFICULT TO TALK ABOUT THEIR EMOTIONS AND MENTAL HEALTH AND WE ALL HAVE OUR OWN TECHNIQUES AND STRATEGIES FOR MANAGING THAT STRESS, WHETHER IT'S EXERCISE, SPORTS, HOBBIES, PRAYER OR MEDITATION. HOWEVER, SOMETIMES STRESS-RELATED FEELINGS CAN SEEM OVERWHELMING OR BECOME SERIOUS ENOUGH TO INTERFERE WITH DAILY LIFE. WHEN THIS OCCURS, THE THOUGHTS AND FEELINGS MAY BE MORE INDICATIVE OF A PROBLEM FOR WHICH YOU MIGHT WANT TO SEEK HELP.

THE MOST IMPORTANT MESSAGE IS THAT HELP IS AVAILABLE. IF YOU'RE LOOKING FOR INFORMATION, YOU CAN START WITH TRICARE.MIL/MENTALHEALTH TO FIND NEWS ARTICLES, SELF-ASSESSMENT PROGRAMS, AND BEHAVIORAL HEALTH FLYERS AND BROCHURES. YOUR TRICARE BENEFIT COVERS MENTAL AND BEHAVIORAL HEALTH CARE THAT IS MEDICALLY OR PSYCHOLOGICALLY NECESSARY FOR TREATMENT OF A

BEHAVIORAL HEALTH DISORDER.

THE WEB-BASED TRICARE ASSISTANCE PROGRAM OR TRIAP, USES EVOLVING TELECOMMUNICATION TECHNOLOGIES TO BRING COUNSELING ASSISTANCE AND BEHAVIORAL HEALTH TO ACTIVE DUTY SERVICE MEMBERS, SPOUSES AND OTHER ELIGIBLE FAMILY MEMBERS 18 YEARS OF AGE OR OLDER. ELIGIBLE BENEFICIARIES CAN LEARN MORE ABOUT THE PROGRAM AT TRICARE.MIL/TRIAP. YOU CAN ALSO SEE YOUR PRIMARY CARE PROVIDER, WHO CAN HELP YOU GET WHATEVER CARE YOU MAY NEED.

THE MESSAGE FOR MENTAL HEALTH MONTH IS THAT IF YOU OR SOMEONE YOU CARE ABOUT NEEDS HELP DEALING WITH STRESS OR DEPRESSION, DON'T WAIT UNTIL THE SITUATION WORSENS. REACH OUT AND SEEK HELP NOW.

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)