

TRICARE BENEFICIARY BULLETIN – MAY 20, 2010 – 641

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 REMINDS COLLEGE STUDENTS TO PLAN AHEAD FOR SUMMER BREAK

WITH FINALS ENDING AT COLLEGES AND UNIVERSITIES ACROSS THE COUNTRY, STUDENTS WILL SOON HEAD HOME FOR SUMMER BREAK. MAKING SURE TRICARE HEALTH BENEFITS FOLLOW THEM OVER THE SUMMER IS A SIMPLE PROCESS.

STUDENTS WITH TRICARE PRIME CAN EASILY TRANSFER THEIR ENROLLMENT. ONCE A STUDENT GETS TO WHERE HE OR SHE IS GOING, WHETHER ITS HOME, TO AN INTERNSHIP OR JUST TO THE

BEACH, THEIR SPONSOR SIMPLY SUBMITS A *TRICARE PRIME ENROLLMENT AND PCM CHANGE FORM* TO THEIR REGIONAL CONTRACTOR TO CONTINUE COVERAGE. COVERAGE IS EFFECTIVE ON THE DAY THE FORM IS RECEIVED.

THE SPONSOR MUST ALSO UPDATE THE STUDENT'S ADDRESS IN THE DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM OR DEERS.

TO AVOID HIGHER OUT-OF-POCKET COSTS AND POINT-OF-SERVICE CHARGES, STUDENTS SHOULD GET ALL ROUTINE CARE BEFORE HEADING HOME OR ELSEWHERE FOR THE SUMMER. THEY SHOULD ALSO WAIT UNTIL THEIR PRIMARY CARE MANAGER CHANGE IS COMPLETE.

WHEN USING TRICARE STANDARD, TRICARE'S MOST FLEXIBLE OPTION, BENEFICIARIES CAN SEE ANY TRICARE-AUTHORIZED PROVIDER. THE SPONSOR OF A STUDENT COVERED BY TRICARE STANDARD WILL STILL NEED TO UPDATE THEIR DEERS RECORD.

STUDENTS WITH TRICARE STANDARD OR TRICARE PRIME CAN USE TRICARE'S PHARMACY BENEFIT ANYWHERE AS LONG AS THEIR DEERS INFORMATION IS CURRENT AND THEY HAVE A VALID ID CARD.

FOR MORE INFORMATION ABOUT TRICARE'S CHOICES FOR COLLEGE STUDENTS, GO TO TRICARE.MIL/LIFEEVENTS AND SELECT "COLLEGE" OR VISIT TRICARE.MIL/COLLEGESTUDENTS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

NEXT, LORRAINE CWIEKA REPORTS ON THE TRICARE SMART WEBSITE, A ONE-STOP INFORMATION PORTAL FOR GUARD AND RESERVE MEMBERS

NATIONAL GUARD AND RESERVE MEMBERS WHO MAY NOT LIVE NEAR A MILITARY TREATMENT FACILITY OR TRICARE SERVICE CENTER NO LONGER HAVE TO RELY ON PRINTED PUBLICATIONS AS A MAIN SOURCE OF TRICARE BENEFIT INFORMATION.

IN THE SIX YEARS SINCE ITS LAUNCH, THE TRICARE SMART WEBSITE HAS BEEN A ONE-STOP, ONLINE INFORMATION PORTAL CONTAINING ACCURATE, UP-TO-DATE INFORMATION ABOUT TRICARE BENEFITS THAT MEMBERS AND THEIR FAMILIES CAN EASILY ACCESS IN THE COMFORT OF THEIR HOMES.

BY USING THE TRICARE SMART WEBSITE, NATIONAL GUARD AND RESERVE MEMBERS CAN STAY INFORMED ABOUT THE LATEST TRICARE PROGRAMS CREATED JUST FOR THEM AND THEIR FAMILIES. THESE PROGRAMS INCLUDE TRICARE RESERVE SELECT, AS WELL AS BENEFITS THAT ARE ONLY AVAILABLE WHILE SERVING ON ACTIVE DUTY.

FOR EASY NAVIGATION, ALL PUBLICATIONS ON THE WEBSITE ARE ORGANIZED BY REGIONS AND PUBLICATION TYPE AND THERE IS A SEARCH FEATURE. PUBLICATIONS ARE ALSO PRINTER-FRIENDLY.

A GUARDSMAN OR RESERVE MEMBER CAN GO ONE STEP FURTHER AND SUBSCRIBE TO TRICARE ALERTS TO RECEIVE

UPDATES ON NEW BENEFITS AND PROGRAMS. SUBSCRIBING TO TRICARE E-ALERTS IS EASY. VISIT TRICARE.MIL/SUBSCRIPTIONS, ENTER AN E-MAIL ADDRESS AND CHOOSE A BENEFICIARY CATEGORY AND TOPICS OR TRICARE PRODUCTS OF INTEREST. SUBSCRIBERS CAN RECEIVE, VIA E-MAIL, THE LATEST BENEFIT UPDATES, THE “TRICARE BENEFICIARY BULLETIN” WEEKLY PODCAST, AS WELL AS TRICARE NEWS RELEASES.

NATIONAL GUARD AND RESERVE MEMBERS ARE ENCOURAGED TO STAY INFORMED ABOUT TRICARE BENEFITS DURING ACTIVATION AND DEACTIVATION PERIODS. THE TRICARE SMART WEBSITE AND E-MAIL UPDATES ARE EASY WAYS TO DO JUST THAT. FOR MORE INFORMATION ON TRICARE SMART, VISIT TRICARE.MIL/SMART.

FOR TRICARE MANAGEMENT ACTIVITY, I’M LORRAINE CWIEKA.

FINALLY, MAY IS MELANOMA/SKIN CANCER DETECTION AND PREVENTION MONTH

WHAT IS MELANOMA? MELANOMA IS A DEADLY FORM OF SKIN CANCER, USUALLY STARTING IN A NON-CANCEROUS MOLE THOUGH IT MAY ALSO APPEAR WHERE NO MOLE PREVIOUSLY EXISTED. MELANOMAS USUALLY BEGIN AS LIGHT-BROWN BLEMISHES WITH IRREGULAR EDGES, AND MAY TURN SHADES OF RED, BLUE OR WHITE.

IN MEN, MELANOMAS ARE OFTEN FOUND BETWEEN THE SHOULDERS AND HIPS, OR THE HEAD AND NECK AREA.

IN WOMEN, MELANOMAS OFTEN DEVELOP ON THE LOWER LEGS OR BETWEEN THE SHOULDERS AND HIPS. HOWEVER, MELANOMA CAN APPEAR ANYWHERE ON THE SKIN.

HOW CAN YOU HELP PREVENT MELANOMA? PROTECT YOUR SKIN BY FOLLOWING THESE SIMPLE GUIDELINES.

- AVOID SUN EXPOSURE BETWEEN 10 A.M. AND 4 P.M., WHEN ULTRAVIOLET RADIATION LEVELS ARE HIGHEST;
- USE SUN BLOCK—AT LEAST SPF 30, AND REAPPLY EVERY TWO HOURS;

- WEAR A HAT, PROTECTIVE CLOTHING AND SUNGLASSES;
AND
- AVOID GOING TO TANNING SALONS.

REMEMBER, MELANOMA IS TREATABLE IF DETECTED EARLY.
ENCOURAGE YOUR FAMILY AND FRIENDS TO SEEK IMMEDIATE
MEDICAL ATTENTION IF THEY SEE A SUSPICIOUS LOOKING SPOT
ON THEIR SKIN.

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

TAIL MUSIC (:03)