

TRICARE BENEFICIARY BULLETIN – JUNE 3 - 695 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: ANNEMARIE FELICIO REPORTS ON SAVING MONEY WITH THE TRICARE MAIL ORDER PHARMACY.

THE TRICARE MAIL ORDER PHARMACY IS YOUR LEAST EXPENSIVE OPTION FOR FILLING PRESCRIPTIONS IF YOU'RE NOT USING A MILITARY TREATMENT FACILITY PHARMACY. THE MAIL ORDER PHARMACY ALLOWS YOU TO RECEIVE UP TO A 90-DAY SUPPLY OF YOUR MAINTENANCE MEDICATIONS THROUGH HOME DELIVERY FOR THE SAME PRICE AS A 30-DAY SUPPLY FILLED AT YOUR LOCAL RETAIL NETWORK PHARMACY.

TO FILL PRESCRIPTIONS USING THE MAIL ORDER PHARMACY YOU WILL NEED A PRESCRIPTION AND A VALID UNIFORMED SERVICES IDENTIFICATION CARD OR COMMON ACCESS CARD. YOU CAN SIGN UP FOR HOME DELIVERY OF YOUR MEDICATIONS BY MAIL, PHONE, FAX OR ONLINE AND PRESCRIPTIONS ARE DELIVERED WITH FREE STANDARD SHIPPING.

THE MAIL ORDER PHARMACY ALSO PROVIDES CONVENIENT E-MAIL NOTIFICATIONS ABOUT YOUR ORDER STATUS ALONG WITH HELPFUL REFILL REMINDERS. AND IF YOU HAVE AN EXPIRED PRESCRIPTION, THEY CAN ALSO HELP YOU RENEW IT.

BENEFICIARIES ARE RESPONSIBLE FOR THE FOLLOWING COPAYMENTS FOR UP TO A 90-DAY SUPPLY OF MEDICATIONS: \$3 FOR GENERIC DRUGS; \$9 FOR BRAND-NAME DRUGS, AND \$22 FOR NON-FORMULARY DRUGS.

IF YOU WOULD LIKE TO CONVERT A CURRENT MAINTENANCE PRESCRIPTION TO THE MAIL ORDER PHARMACY, CALL THE MEMBER CHOICE CENTER AT 1-877-363-1433, OR USE THE ONLINE

TOOL AT [WWW.EXPRESS-SCRIPTS.COM/TRICARE](http://WWW.EXPRESS-SCRIPTS.COM/TRICARE) AND CLICK ON  
“GET STARTED WITH HOME DELIVERY.”

FOR TRICARE MANAGEMENT ACTIVITY, I’M ANNEMARIE  
FELICIO.

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NEXT, LORRAINE CWIEKA REPORTS ON HOW YOU CAN HELP  
FIGHT FRAUD AND ABUSE.

HEALTH CARE FRAUD AND ABUSE COST AMERICAN TAXPAYERS  
BILLIONS OF DOLLARS EACH YEAR. TRICARE IS COMMITTED TO  
ENSURING YOU RECEIVE CARE FROM TRUSTWORTHY  
PROVIDERS AND THAT TAXPAYER MONEY IS USED  
APPROPRIATELY.

WHAT IS FRAUD AND ABUSE? FRAUD IS AN INTENTIONAL  
DECEPTION OR MISREPRESENTATION OF FACT THAT ENABLES  
SOMEONE TO OBTAIN AN UNAUTHORIZED BENEFIT OR  
PAYMENT. HEALTH CARE ABUSE OCCURS WHEN PROVIDERS  
SUPPLY SERVICES OR PRODUCTS THAT ARE MEDICALLY

UNNECESSARY OR THAT DO NOT MEET PROFESSIONAL STANDARDS.

YOU ARE AN IMPORTANT PARTNER IN THE ONGOING FIGHT AGAINST FRAUD AND ABUSE WITHIN THE TRICARE PROGRAM.

HERE ARE SOME WAYS YOU CAN HELP:

- ALWAYS REVIEW THE EXPLANATION OF BENEFITS YOU RECEIVE AFTER HEALTH CARE SERVICES. IT SHOULD LIST THE SERVICES AND SUPPLIES YOU RECEIVED.
- IF YOU NOTICE ANY DIFFERENCES BETWEEN THE SERVICES REFLECTED ON YOUR EXPLANATION OF BENEFITS AND THE SERVICES YOU RECEIVED, CALL THE TOLL-FREE NUMBER LISTED ON THE EOB. DIFFERENCES DO NOT ALWAYS INDICATE FRAUD, BUT THEY CAN INDICATE MISTAKES THAT MAY RESULT IN IMPROPER CLAIMS REIMBURSEMENT FROM TRICARE OR CAUSE YOUR MEDICAL RECORD TO BE INCORRECT.

IF YOU HAVE ANY CONCERNS ABOUT YOUR MEDICAL RECORD,  
YOU SHOULD FOLLOW UP WITH YOUR PROVIDER TO ENSURE  
THE SERVICES YOU RECEIVED ARE REFLECTED PROPERLY.

TO LEARN MORE ABOUT HOW TRICARE COMBATS FRAUD AND  
ABUSE, VISIT [TRICARE.MIL/FRAUD](http://TRICARE.MIL/FRAUD).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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AND FINALLY, ANNEMARIE FELICIO REPORTS ON THE  
IMPORTANCE OF KNOWING YOUR BLOOD PRESSURE.

IT'S A FAMILIAR PROCESS THAT BEGINS MOST VISITS TO A  
HEALTH CARE PROVIDER — A NURSE OR TECHNICIAN TAKES  
YOUR BLOOD PRESSURE. IT ONLY TAKES A MINUTE TO  
MEASURE, BUT BLOOD PRESSURE IS AN IMPORTANT INDICATOR  
OF HEART HEALTH.

SINCE THERE ARE OFTEN NO SIGNS OR SYMPTOMS OF HIGH

BLOOD PRESSURE, IT SHOULD BE CHECKED REGULARLY BY A HEALTH CARE PROVIDER. HIGH BLOOD PRESSURE INCREASES A PERSON'S RISK FOR HEART DISEASE AND STROKE, TWO LEADING CAUSES OF DEATH FOR MEN AND WOMEN IN THE UNITED STATES.

HIGH BLOOD PRESSURE OR HYPERTENSION IS THE RESULT OF THE HEART WORKING TOO HARD TO PUMP BLOOD. OVER TIME THE HEART IS DAMAGED, ALONG WITH THE ARTERIES. BLOOD PRESSURE CAN BE AFFECTED BY HEART RATE, HOW MUCH BLOOD IS IN THE BODY AND ANY BUILDUP IN THE ARTERIES.

BLOOD PRESSURE READINGS CONSIST OF TWO NUMBERS, THE SYSTOLIC AND DIASTOLIC LEVELS, WHICH DESCRIBE THE PRESSURE DURING AND IN BETWEEN HEART BEATS. SYSTOLIC IS THE TOP NUMBER AND DIASTOLIC IS THE BOTTOM NUMBER IN A BLOOD PRESSURE READING.

A NORMAL BLOOD PRESSURE READING IS BELOW 120 OVER 80. PREHYPERTENSION IS A SYSTOLIC READING BETWEEN 120 AND

139 AND A DIASTOLIC READING BETWEEN 80 AND 89. BLOOD PRESSURE ABOVE 140 OVER 90 IS CALLED HYPERTENSION.

MAINTAINING A HEALTHY LIFESTYLE THROUGH REGULAR EXERCISE AND HEALTHY DIET, LOSING EXCESS WEIGHT, ABSTAINING FROM SMOKING AND LIMITING ALCOHOL CONSUMPTION CAN KEEP BLOOD PRESSURE WITHIN THE NORMAL RANGE. SOME PEOPLE MAY ALSO NEED PRESCRIPTION MEDICATION TO CONTROL THEIR HIGH BLOOD PRESSURE.

PERIODIC BLOOD PRESSURE SCREENING IS ONE OF MANY PREVENTIVE CARE SERVICES AVAILABLE TO TRICARE BENEFICIARIES WITHOUT COST SHARES. LEARN MORE ABOUT PREVENTIVE CARE SERVICES COVERED BY TRICARE AT [TRICARE.MIL/MYBENEFIT](https://www.tricare.mil/mybenefit).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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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)