

TRICARE BENEFICIARY BULLETIN – JUNE 10, 2010 - 675 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 REPORTS ON TRAVELING OVERSEAS WITH TRICARE.

HAVING A MEDICAL EMERGENCY ON AN OVERSEAS TRIP CAN BE VERY SCARY AND STRESSFUL. UNDERSTANDING YOUR TRICARE COVERAGE BEFORE LEAVING HOME IS KEY.

TRICARE ENCOURAGES ALL BENEFICIARIES WHO HAVE A MEDICAL EMERGENCY OVERSEAS TO SEEK TREATMENT IMMEDIATELY. BENEFICIARIES SHOULD SEEK HELP FINDING A TREATMENT FACILITY THROUGH A LOCAL U.S. EMBASSY OR CONSULATE. HOWEVER, ACTIVE DUTY SERVICE MEMBERS AND

PRIME-ENROLLED ACTIVE DUTY FAMILY MEMBERS SHOULD FIRST ATTEMPT TO CONTACT THE TRICARE GLOBAL REMOTE OVERSEAS ALARM CENTER FOR THE AREA IN WHICH THEY ARE TRAVELING.

AFTER ARRIVING AT THE EMERGENCY FACILITY, ACTIVE DUTY SERVICE MEMBERS AND PRIME ENROLLED ACTIVE DUTY FAMILY MEMBERS SHOULD HAVE THE FACILITY CONTACT THE ALARM CENTER TO ARRANGE FOR PAYMENT. BENEFICIARIES SHOULD NOT LEAVE THE EMERGENCY FACILITY BEFORE CONTACTING THE ALARM CENTER OR THE INDIVIDUAL COULD BE LIABLE FOR THE CLAIM.

TRICARE STANDARD BENEFICIARIES WHO GET EMERGENCY OR URGENT CARE OVERSEAS SHOULD BE PREPARED TO PAY FOR IT UP-FRONT AND SUBMIT A CLAIM WITH THEIR TRICARE REGIONAL HEALTH CARE CONTRACTOR AFTER RETURNING HOME.

BENEFICIARIES WHO TAKE PRESCRIPTION MEDICINE SHOULD ORDER REFILLS BEFORE THEIR TRIP AND NOT FORGET TO PACK THEM!

AND BE SURE TO SAVE ALL MEDICAL RECEIPTS. THIS IS ONE OF THE MOST IMPORTANT THINGS BENEFICIARIES CAN DO WHILE TRAVELING ABROAD.

FOR MORE INFORMATION ABOUT TRAVELING OVERSEAS WITH TRICARE, BENEFICIARIES CAN GO TO [TRICARE.MIL](http://TRICARE.MIL) OR CONTACT THEIR REGIONAL HEALTH CARE CONTRACTOR.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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NEXT, ANNMARIE FELICIO REPORTS ON TRICARE'S STUDY ON DISPARITIES IN CHILDREN'S ACCESS TO HEALTH CARE

AS AMERICA MOVES TOWARD GREATER ACCESS TO HEALTH CARE FOR EVERYONE, TRICARE RESEARCHERS ARE PROVIDING CRITICAL INFORMATION ON THE POTENTIAL IMPACT OF

COMPREHENSIVE HEALTH INSURANCE COVERAGE AND ACCESS  
ON RACIAL AND ETHNIC DISPARITIES IN CARE.

A NEWLY PUBLISHED STUDY IDENTIFIES SEVERAL FACTORS  
THAT MAY POINT TO FUTURE SOLUTIONS FOR THE NATION'S  
HEALTH CARE DISPARITY PROBLEM. "DIFFERENCES IN  
PREVALENCE, TREATMENT, AND OUTCOMES OF ASTHMA  
AMONG A DIVERSE POPULATION OF CHILDREN WITH EQUAL  
ACCESS TO CARE" WAS PUBLISHED ONLINE JUNE 7 IN THE  
*ARCHIVES OF PEDIATRICS & ADOLESCENT MEDICINE*. THE STUDY  
WILL BE PUBLISHED IN THE JOURNAL'S AUGUST ISSUE.

THE TMA CENTER FOR HEALTH CARE MANAGEMENT STUDIES  
DIRECTED THE RESEARCH EXPLORING IF THERE ARE  
DIFFERENCES IN PREVALENCE, TREATMENT AND OUTCOMES  
AMONG CHILDREN WITH ASTHMA COVERED BY TRICARE. THE  
STUDY FOUND THAT BLACK AND HISPANIC CHILDREN ARE  
SIGNIFICANTLY MORE LIKELY THAN WHITE CHILDREN TO BE  
DIAGNOSED WITH ASTHMA. THESE CHILDREN ARE ALSO MORE  
LIKELY TO HAVE ASTHMA-RELATED HOSPITALIZATIONS AND

EMERGENCY ROOM VISITS. BLACK CHILDREN WERE LESS LIKELY TO VISIT A SPECIALIST, BUT MORE LIKELY TO RECEIVE RECOMMENDED ASTHMA MEDICATIONS.

FINDINGS FROM THIS STUDY ECHO PREVIOUS RESEARCH IN THE U.S. THAT REPORTED A GREATER BURDEN OF ASTHMA AMONG MINORITY CHILDREN AND HIGHER RATES OF HOSPITALIZATIONS AND EMERGENCY ROOM VISITS.

THE AUTHORS CONCLUDE THAT MANY FACTORS INFLUENCE RACIAL AND ETHNIC DISPARITIES IN HEALTH CARE AND IMPROVING HEALTH OUTCOMES WILL REQUIRE A MULTIFACETED APPROACH BEYOND UNIVERSAL HEALTH COVERAGE.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

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MEMORIAL DAY WEEKEND MARKS THE UNOFFICIAL START OF SUMMER. THAT'S WHEN SWIMMING POOLS AND AMUSEMENT

PARKS OPEN THEIR GATES FOR FAMILIES TO HAVE FUN IN THE SUN. WITH THIS FUN ALSO COMES IMPORTANT PRECAUTIONS TO ENSURE EVERYONE IN YOUR FAMILY HAS A SAFE SEASON.

SUMMERTIME IS USUALLY PACKED WITH OUTDOOR ACTIVITIES IN SWELTERING SUMMER WEATHER. EXTREME HEAT AND THE SUN CAN CAUSE SEVERAL TYPES OF HEAT INJURIES OR ILLNESSES, AND OCCASIONALLY EVEN DEATH. THE CENTERS FOR DISEASE CONTROL AND PREVENTION CREDITS EXTREME HEAT CONDITIONS WITH ABOUT 400 DEATHS PER YEAR IN THE UNITED STATES. TO PROTECT YOUR HEALTH DURING THE SUMMER, REMEMBER TO KEEP COOL AND USE GOOD JUDGMENT.

WHEN GOING OUT IN THE HEAT HERE ARE TIPS TO HELP PREVENT HEAT ILLNESS OR INJURY:

- WEAR SUNSCREEN. BE PROTECTED FROM THE SUN AND SUNBURN BY PUTTING ON SUNSCREEN OF SPF 15 OR HIGHER.

- DRINK PLENTY OF FLUIDS. INCREASE FLUID INTAKE, REGARDLESS OF ACTIVITY LEVEL AND DON'T WAIT UNTIL THE FEELING OF THIRST OCCURS TO DRINK.
- WEAR COOL CLOTHES. WEAR AS LITTLE CLOTHING AS POSSIBLE WHEN AT HOME. CHOOSE LIGHTWEIGHT, LIGHT-COLORED, LOOSE-FITTING CLOTHING.
- STAY COOL. DURING EXTREME HEAT OR HUMIDITY, STAY INDOORS AND, IF POSSIBLE, STAY IN AN AIR-CONDITIONED PLACE. IF YOU MUST BE OUTDOORS TRY TO LIMIT YOUR OUTDOOR ACTIVITY TO MORNING AND EVENING HOURS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M AUSTIN CAMACHO.

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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)