

TRICARE BENEFICIARY BULLETIN – JUNE 17, 2010 - 570 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 CALLING IT QUILTS WITH NEW TRICARE SMOKING QUITLINE

TRICARE'S SMOKING QUITLINE IS NOW ACCEPTING CALLS! ALL NON-MEDICARE ELIGIBLE TRICARE BENEFICIARIES WITHIN THE U.S. CAN GET ASSISTANCE WITH GOING "SMOKE-FREE" BY CALLING THE TOLL-FREE QUITLINE 24 HOURS A DAY, SEVEN DAYS A WEEK, INCLUDING WEEKENDS AND HOLIDAYS.

BENEFICIARIES RESIDING IN THE TRICARE SOUTH REGION CAN REACH THE QUITLINE AT 877-414-9949. BENEFICIARIES LIVING IN THE NORTH REGION CAN CALL 866-459-8766 AND THOSE LIVING

IN THE WEST REGION CAN CALL 866-244-6870.

TRICARE'S SMOKING QUITLINE IS A TELEPHONE SUPPORT AND REFERRAL SERVICE. BENEFICIARIES WHO CALL WILL BE ASSESSED AND RECEIVE GUIDANCE FOR A SMOKING CESSATION PLAN THAT FITS THEIR UNIQUE SMOKING HABITS. CESSATION MATERIALS CAN ALSO BE PROVIDED THROUGH U.S. MAIL UPON REQUEST.

ALTHOUGH THE NEW TRICARE SMOKING QUITLINE IS GEARED TOWARD SMOKING CESSATION ONLY, ANY TRICARE BENEFICIARIES WHO WANT TO QUIT USING TOBACCO, INCLUDING THE SMOKELESS KIND, CAN GET SUPPORT THROUGH THE DEFENSE DEPARTMENTS COMPREHENSIVE QUIT TOBACCO WEBSITE, UCANQUIT2.ORG.

UCANQUIT2 OFFERS INTERACTIVE, WEB-BASED TOBACCO CESSATION TRAINING ALONG WITH LIVE, REAL-TIME ENCOURAGEMENT FROM TRAINED TOBACCO CESSATION COACHES. USERS ALSO HAVE THE OPPORTUNITY TO EXCHANGE

INFORMATION THROUGH THE WEBSITE'S BLOG AND
ELECTRONIC BULLETIN BOARD.

MANY MILITARY TREATMENT FACILITIES OFFER SMOKING
CESSATION PROGRAMS AND BENEFICIARIES SHOULD CHECK
LOCALLY FOR MORE INFORMATION ON THOSE PROGRAMS.

MEDICARE ELIGIBLE BENEFICIARIES ARE REMINDED THEY MAY
BE ELIGIBLE FOR SMOKING CESSATION BENEFITS THROUGH
MEDICARE PART B. CHECK FOR MORE INFORMATION AT
WWW.MEDICARE.GOV.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

A NEW FEATURE ON TRICARE ONLINE, CALLED THE BLUE
BUTTON, ALLOWS USERS TO SAVE THEIR PERSONAL HEALTH
DATA SUCH AS MEDICATION AND ALLERGY PROFILES,
DEMOGRAPHIC INFORMATION AND A PERSONAL HEALTH
SUMMARY TO A PDF FILE ON THEIR COMPUTER.

AFTER LOGGING ON TO WWW.TRICAREONLINE.COM, USERS CAN ADD INFORMATION TO THEIR PERSONAL HEALTH DATA ON THE SITE. ONCE THE INFORMATION HAS BEEN ADDED, THEY CAN CLICK ON THE “SAVE PERSONAL HEALTH DATA” BUTTON TO CREATE AND SAVE A PDF TO THEIR COMPUTER.

TRICARE ONLINE IS THE MILITARY HEALTH SYSTEMS INTERNET POINT OF ENTRY THAT PROVIDES ALL BENEFICIARIES ACCESS TO AVAILABLE HEALTHCARE SERVICES AND INFORMATION.

TRICARE ONLINE USERS WHO RECEIVE THEIR CARE AT A MILITARY TREATMENT FACILITY CAN SCHEDULE APPOINTMENTS, ORDER PRESCRIPTION REFILLS AND VIEW THEIR PERSONAL HEALTH RECORDS.

TO LEARN MORE, GO TO WWW.TRICAREONLINE.COM OR VISIT HEALTH.MIL/MHSCIO.

FOR TRICARE MANAGEMENT ACTIVITY, I’M AUSTIN CAMACHO.

FINALLY, LORRAINE CWIEKA REPORTS ON DRINKING TAP WATER TO PREVENT CAVITIES

DRINKING BOTTLED WATER IS CONVENIENT AND ITS CONSUMPTION, IN SOME CIRCLES, IS CONSIDERED FASHIONABLE. YET CHOOSING TO DRINK BOTTLED WATER INSTEAD OF TAP WATER MAY INCREASE A PERSON'S CHANCE OF DEVELOPING ORAL HEALTH PROBLEMS.

THE MAJORITY OF TAP WATER THAT COMES FROM COMMUNITY OR MUNICIPAL WATER SUPPLIES CONTAINS FLUORIDE. FLUORIDE PREVENTS CAVITIES AND PROTECTS TEETH AGAINST DECAY.

FROM THE FOODS WE EAT TO THE LIQUIDS WE DRINK, TEETH ARE BOMBARDED BY BACTERIA AND ACIDS EVERYDAY. AS A RESULT, THEY GO THROUGH A SERIES OF DEMINERALIZATION-REMINERALIZATION CYCLES. FLUORIDE HELPS TO REMINERALIZE TEETH SO THAT CAVITIES DON'T FORM. FLUORIDE ALSO STOPS DECAY AND ACTUALLY REPAIRS EARLY

CAVITIES AND PREVENTS NEW CAVITIES FROM FORMING.

THE CONCENTRATION OF FLUORIDE IN MOST BOTTLED WATER IS TYPICALLY BELOW THE OPTIMAL THERAPEUTIC LEVEL FOR ORAL HEALTH. SCIENTIFIC RESEARCH HAS PROVEN THAT DRINKING FLUORIDATED WATER FROM COMMUNITY OR MUNICIPAL WATER SYSTEMS IS SAFE AND IT'S ENDORSED BY MANY ORGANIZATIONS INCLUDING: THE CENTERS FOR DISEASE CONTROL AND PREVENTION, THE U.S. SURGEON GENERAL, THE AMERICAN DENTAL ASSOCIATION, THE U.S. PUBLIC HEALTH SERVICE AND THE WORLD HEALTH ORGANIZATION.

TO FIND OUT MORE ABOUT THE IMPORTANCE OF DRINKING TAP WATER, VISIT THE CDC'S WEBPAGE, CDC.GOV/FLUORIDATION. THE AMERICAN DENTAL ASSOCIATION ALSO HAS A WEBSITE AT ADA.ORG WITH INFORMATION ABOUT THE BENEFITS OF FLUORINATED WATER.

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)