

TRICARE BENEFICIARY BULLETIN – JULY 8, 2010 - 625 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 TRACKING HURRICANE SEASON WITH UP-TO-DATE TRICARE INFORMATION

HURRICANE SEASON IS HERE AND THE NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION IS FORECASTING AN “ABOVE-NORMAL” SEASON.

BEING PREPARED IS THE BEST WAY FOR TRICARE BENEFICIARIES AND THEIR FAMILIES TO STAY SAFE IN THE EVENT OF A NATURAL DISASTER. BE SURE TO HAVE A COMPLETE EMERGENCY KIT ON HAND. KEEP IT UP TO DATE AND MAKE SURE EVERYTHING WORKS AND THAT FOOD AND WATER

HAVE NOT EXPIRED. THE KIT SHOULD ALSO CONTAIN A BATTERY OPERATED WEATHER RADIO, FLASHLIGHTS AND FIRST AID SUPPLIES. KEEP IN MIND THAT MEDICAL ASSISTANCE MAY NOT BE IMMEDIATELY AVAILABLE AFTER A DISASTER.

IN CASE OF AN EMERGENCY, TRICARE PROVIDES BENEFICIARIES WITH UP-TO-DATE INFORMATION ELECTRONICALLY. TRICARE'S DISASTER RELIEF WEB PAGE AT TRICARE.MIL/DISASTERINFO PROVIDES ALL THE INFORMATION YOU NEED BEFORE, DURING AND AFTER A HURRICANE. DOWNLOADS ON THE PAGE INCLUDE A WALLET CARD WITH CRITICAL CONTACT INFORMATION AND A DISASTER PREPARATION FLYER. CRITICAL INFORMATION ON TRICARE AND DEPARTMENT OF DEFENSE-RELATED MATTERS THAT MAY AFFECT YOUR HEALTH BENEFITS IS AVAILABLE VIA E-MAIL, TWITTER AND FACEBOOK. SIGN UP TO RECEIVE DISASTER E-MAIL UPDATES AT TRICARE.MIL/SUBSCRIPTIONS. CONNECT WITH TRICARE ON FACEBOOK AND TWITTER AT WWW.FACEBOOK.COM/TRICARE AND WWW.TWITTER.COM/TRICARE.

FOR MORE INFORMATION AND MORE VALUABLE TIPS ON
DISASTER PREPAREDNESS, PLEASE VISIT HOMELAND
SECURITY'S PREPAREDNESS WEB PAGE AT WWW.READY.GOV.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT, ANNEMARIE FELICIO REPORTS ON THE TRICARE DENTAL
PROGRAM NEWSLETTER.

THE TRICARE *DENTAL HEALTH MATTERS* IS PUBLISHED THREE
TIMES A YEAR AND PROVIDES GREAT INFORMATION TO
ENROLLEES ABOUT THEIR DENTAL BENEFITS.

TOPICS COVERED IN ISSUE 2 OF *DENTAL HEALTH MATTERS*
INCLUDE DETAILS ABOUT ENHANCEMENTS MADE TO THE
TRICARE DENTAL PROGRAM WEBSITE, FACTS ON GETTING
DENTAL CARE WHILE TRAVELING AND WAYS TO LIMIT THE
AMOUNT OF SUGARY DRINKS CONSUMED BY CHILDREN.

A FAREWELL MESSAGE FROM NAVY CAPT. ROBERT H. MITTON, CHIEF, DENTAL CARE BRANCH, TO TRICARE BENEFICIARIES IS ALSO INCLUDED IN THIS ISSUE'S "DENTIST IS IN" COLUMN. MITTON TOOK OVER AS CHIEF OF STAFF FOR TRICARE MANAGEMENT ACTIVITY THIS PAST JUNE.

THE TRICARE *DENTAL HEALTH MATTERS* NEWSLETTER IS AVAILABLE FOR DOWNLOAD ON THE PUBLIC PORTAL OF TRICARE'S SMART SITE AT TRICARE.MIL/TRICARESMArt. AFTER ENTERING THE PUBLIC PORTAL, BENEFICIARIES CAN CLICK ON THEIR REGION, THEN "DENTAL" TO VIEW ISSUE 2 OF THE NEWSLETTER. AT THE SMART SITE, BENEFICIARIES CAN DOWNLOAD COPIES OF OTHER TRICARE PRINT PRODUCTS SUCH AS NEWSLETTERS, FLYERS, AND HANDBOOKS. THE SMART SITE IS A ONE-STOP SHOP FOR DETAILED INFORMATION ON THE TRICARE BENEFIT.

AT TRICARE.MIL/SUBSCRIPTIONS BENEFICIARIES CAN SIGN UP TO RECEIVE TRICARE NEWSLETTERS, E-MAIL ALERTS ABOUT

SPECIFIC PRODUCTS FOUND AT THE SMART SITE AND A VARIETY OF TRICARE NEWS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

WITH SCHOOL OUT FOR THE SUMMER, CHILDREN GET INVOLVED WITH MANY ACTIVITIES SUCH AS SWIMMING, RUNNING, WALKING AND CYCLING. WHETHER IT'S SWIMMING AT THE COMMUNITY POOL OR PLAYING IN THE BACKYARD, UNMANAGED ASTHMA CAN DAMPEN THE FUN.

TRICARE REMINDS PARENTS THAT WELL MANAGED AND CONTROLLED ASTHMA EQUALS A FUN-FILLED, FIT SUMMER FOR ALL CHILDREN!

ASTHMA IS A LONG-TERM LUNG DISEASE THAT INFLAMES AND NARROWS THE AIRWAYS. IT CAN CAUSE RECURRING PERIODS OF WHEEZING, CHEST TIGHTNESS, SHORTNESS OF BREATH AND

COUGHING. COUGHING OFTEN OCCURS AT NIGHT OR EARLY IN THE MORNING. WITH ASTHMA, AIRWAYS AND BRONCHIAL TUBES ARE EXTRA SENSITIVE– ESPECIALLY TO “TRIGGERS” SUCH AS DUST, ANIMALS, POLLEN, MOLD, CIGARETTE SMOKE AND COLD AIR. VIRUSES AND STRENUOUS EXERCISE CAN TRIGGER ASTHMA AS WELL.

WITH EDUCATION AND PROPER MEDICAL CARE, PARENTS CAN BETTER CONTROL AND MANAGE THEIR CHILD’S ASTHMA, HELPING THEM TO LEAD RELATIVELY UNRESTRICTED, PRODUCTIVE LIVES. THE FIRST STEP IN CONTROLLING ASTHMA IS RECOGNIZING A CHILD HAS THE DISEASE. NOT ALL CHILDREN HAVE THE SAME SYMPTOMS AND THESE SYMPTOMS CAN VARY FROM EPISODE TO EPISODE IN THE SAME CHILD.

TRICARE OFFERS A DISEASE MANAGEMENT PROGRAM TO BENEFICIARIES WHICH FOCUSES ON IMPROVING HEALTH MANAGEMENT SKILLS WHILE LIVING WITH A CONDITION SUCH AS ASTHMA. FOR MORE INFORMATION ABOUT TRICARE

DISEASE MANAGEMENT PROGRAM, CONTACT YOUR REGIONAL
HEALTH CARE CONTRACTOR.

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

TAIL MUSIC (:03)