

TRICARE BENEFICIARY BULLETIN – JULY 15, 2010 - 645 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 BEHAVIORAL HEALTH OPTIONS FOR MILITARY COUPLES.

IT'S IMPORTANT FOR MILITARY COUPLES TO TALK TO SOMEONE ABOUT MARITAL STRUGGLES OR STRESS THEY MAY BE EXPERIENCING. MARITAL, COUPLES AND FAMILY THERAPY ARE ALL TYPES OF PROFESSIONAL BEHAVIORAL HEALTH INTERVENTIONS AVAILABLE TO ELIGIBLE MARRIED COUPLES ENROLLED IN TRICARE PRIME, TRICARE PRIME REMOTE AND TRICARE PRIME OVERSEAS.

TRICARE PRIME-ENROLLED SPOUSES OF ACTIVE DUTY SERVICE

MEMBERS CAN SEEK MARITAL THERAPY OR COUNSELING IN THE U.S. OR OVERSEAS AS PART OF THE FIRST EIGHT OUTPATIENT BEHAVIORAL HEALTH CARE VISITS ALLOWED PER FISCAL YEAR. THIS CAN BE DONE WITHOUT A REFERRAL FROM A PRIMARY CARE MANAGER OR PRIOR AUTHORIZATION FROM THEIR REGIONAL HEALTH CARE CONTRACTOR. ACTIVE DUTY SERVICE MEMBERS NEED A REFERRAL FOR ALL BEHAVIORAL HEALTH CARE RECEIVED IN THE TRICARE NETWORK. AFTER THE FIRST EIGHT VISITS, NON-ACTIVE DUTY BENEFICIARIES MUST GET AUTHORIZATION FROM THEIR REGIONAL HEALTH CARE CONTRACTOR TO CONTINUE TREATMENT.

ACTIVE DUTY FAMILY MEMBERS ENROLLED IN TRICARE PRIME OR TRICARE PRIME REMOTE CAN CALL THEIR REGIONAL BEHAVIORAL HEALTH CARE PROVIDER LOCATOR AND APPOINTMENT ASSISTANCE LINE FOR HELP LOCATING AND MAKING APPOINTMENTS. TRICARE PRIME OVERSEAS BENEFICIARIES CAN GET INFORMATION ABOUT HOST NATION PROVIDERS FROM THEIR LOCAL MILITARY TREATMENT

FACILITY OR TRICARE SERVICE CENTER.

TO VIEW TRICARE'S BEHAVIORAL HEALTH OPTIONS, VISIT OUR
MENTAL HEALTH RESOURCE CENTER AT
TRICARE.MIL/MENTALHEALTH.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT: ANNEMARIE FELICIO REPORTS ON TRICARE OPTIONS
AVAILABLE TO RECENTLY DEACTIVATED MEMBERS OF THE
NATIONAL GUARD AND RESERVE AND THEIR FAMILIES.

THE ACTIVATION AND DEACTIVATION CYCLE OF NATIONAL
GUARD AND RESERVE MEMBERS IS A CHALLENGING PROCESS
FOR SERVICE MEMBERS AND THEIR FAMILIES. TRICARE OFFERS
MANY OPTIONS FOR MAINTAINING THE HEALTH OF YOU AND
YOUR FAMILY DURING YOUR TRANSITION FROM ACTIVE DUTY
BACK TO CIVILIAN LIFE.

AFTER SERVING IN CONTINGENCY OPERATIONS FOR MORE THAN 30 DAYS, DEACTIVATED MEMBERS OF THE NATIONAL GUARD AND RESERVE AND THEIR FAMILY MEMBERS ARE ELIGIBLE TO RECEIVE CARE THROUGH THE TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM OR TAMP. WHEN YOU BECOME ELIGIBLE FOR TAMP, YOU AND YOUR FAMILY MEMBERS ARE COVERED UNDER TRICARE STANDARD AND TRICARE EXTRA FOR 180 DAYS AFTER DEACTIVATION.

ONCE YOUR TAMP COVERAGE ENDS, YOU MAY BE ELIGIBLE TO PURCHASE TRICARE RESERVE SELECT OR TRS. TRS IS A PREMIUM-BASED HEALTH PLAN THAT QUALIFIED NATIONAL GUARD AND RESERVE MEMBERS MAY PURCHASE AT ANY TIME. FOR MORE INFORMATION ON TRICARE RESERVE SELECT INCLUDING ANNUAL PREMIUM INFORMATION, GO TO TRICARE.MIL/TRS.

THE CONTINUED HEALTH CARE BENEFIT PROGRAM IS ANOTHER HEALTH CARE OPTION FOR QUALIFIED MEMBERS OF THE

NATIONAL GUARD AND RESERVE. MORE INFORMATION ABOUT THIS PROGRAM IS AVAILABLE AT TRICARE.MIL/CHCBP.

WHILE COVERED UNDER EITHER PROGRAM, MEMBERS OF THE NATIONAL GUARD AND RESERVE AND THEIR FAMILIES HAVE TRICARE PRESCRIPTION DRUG COVERAGE. THEY MAY ALSO PURCHASE DENTAL CARE COVERAGE THROUGH THE TRICARE DENTAL PROGRAM AT ANY TIME.

VISIT TRICARE.MIL/MYBENEFIT FOR ADDITIONAL INFORMATION REGARDING ACTIVATION AND DEACTIVATION BENEFIT OPTIONS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

COLD WEATHER, SHORT DAYS AND BIG COATS ARE A THING OF THE PAST. BUT NOTHING RUINS SUMMER FUN QUITE LIKE A SUNBURN. NOT ONLY IS SUNBURN A PAINFUL CONDITION, THE

SKIN DAMAGE IS OFTEN PERMANENT AND CAN HAVE SERIOUS LONG-TERM HEALTH EFFECTS. TRICARE WANTS YOU TO PROTECT YOURSELF AND FAMILY MEMBERS WHEN OUTSIDE ENJOYING THE SUMMER DAYS.

TO PREVENT DAMAGE FOLLOW THESE MEASURES FOR SUN PROTECTION:

- USE SUNSCREEN WITH SUN PROTECTIVE FACTOR 15 OR HIGHER –LOOK FOR BOTH UVA AND UVB PROTECTION. APPLY IT GENEROUSLY, AND REMEMBER THAT MANY BRANDS REQUIRE PERIODIC REAPPLICATION IF YOU’RE SWEATING OR SWIMMING.
- WEAR CLOTHING TO PROTECT EXPOSED SKIN.
- WEAR A HAT WITH A WIDE BRIM TO SHADE THE FACE, HEAD, EARS AND NECK.
- WEAR SUNGLASSES THAT WRAP AROUND AND BLOCK AS CLOSE TO 100 PERCENT OF BOTH UVA AND UVB RAYS AS POSSIBLE.
- AND, STAY IN THE SHADE, ESPECIALLY DURING MIDDAY HOURS.

TO HELP BENEFICIARIES CATCH POTENTIAL PROBLEMS EARLY,
TRICARE COVERS SKIN CANCER SCREENING EXAMS FOR
INDIVIDUALS WITH A FAMILY OR PERSONAL HISTORY OF SKIN
CANCER, INCREASED OCCUPATIONAL OR RECREATIONAL
EXPOSURE TO SUNLIGHT OR CLINICAL EVIDENCE OF
PRECURSOR LESIONS.

LEARN MORE ABOUT SUNBURN AND SUN SAFETY ON THE
CENTERED FOR DISEASE CONTROL AND PREVENTION WEB SITE
AT CDC.GOV.

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

TAIL MUSIC (:03)