

TRICARE BENEFICIARY BULLETIN – AUGUST 5, 2010 – 624 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)

AUGUST IS IMMUNIZATION MONTH, AND WE HAVE AN IMPORTANT MESSAGE ABOUT THEM FROM TRICARE'S DEPUTY DIRECTOR, REAR ADMIRAL CHRISTINE HUNTER.

AT TRICARE, WE BELIEVE THAT PREVENTION IS AN IMPORTANT PART OF MILITARY READINESS FOR SERVICE MEMBERS AND THEIR FAMILIES. RETIREES CAN ALSO LIVE LONGER AND HEALTHIER LIVES BY PARTNERING WITH THEIR PROVIDER IN THE FIGHT AGAINST SERIOUS INFECTIONS AND PREVENTABLE DISEASE. VACCINES ARE AN IMPORTANT WEAPON IN THAT FIGHT. NO MATTER WHAT YOUR AGE, WE ALL BENEFIT FROM VACCINES WHICH PROTECT AGAINST INFLUENZA AND TETANUS.

YOUNG CHILDREN CAN BE IMMUNIZED AGAINST MEASLES AND WHOOPING COUGH, CHICKEN POX, PNEUMONIA AND EVEN MENINGITIS.

AS WE AGE, VACCINES CAN HELP PROTECT US AGAINST HEPATITIS AND EVEN SHINGLES. TRICARE COVERS MOST VACCINES AT NO COST OR CO-PAY AT YOUR DOCTOR'S OFFICE OR MANY OF OUR PHARMACIES.

AUGUST IS A GREAT MONTH TO FOR YOU TO INVENTORY YOUR FAMILY'S HEALTH AND BE SURE THAT EVERYONE IS UP TO DATE. BE SAFE AND GET YOUR SHOTS!

FOR MORE INFORMATION, PLEASE SEE OUR WEB SITE AT TRICARE.MIL.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NEXT UP: LORRAINE CWIEKA REPORTS ON TRICARE'S NEW
WEBSITE DESIGN

A NEW WEBSITE DESIGN AT TRICARE.MIL GIVES BENEFICIARIES
A FASTER, MORE PERSONALIZED WAY TO GET THE TRICARE
INFORMATION THEY NEED. THE REDESIGN INCLUDES
IMPROVEMENTS TO THE PROFILE ENTRY FIELD, AS WELL AS
NEW SECTIONS SUCH AS "NEW TO TRICARE," "CRISIS CENTER,"
AND "QUICK LINKS."

THE IMPROVED PROFILE ENTRY FEATURE MAKES IT EASIER AND
FASTER FOR BENEFICIARIES TO ANSWER THREE SIMPLE
QUESTIONS ABOUT STATUS, LOCATION AND HEALTHCARE PLAN
TO BRING UP INFORMATION SPECIFICALLY TAILORED TO THEM.

BENEFICIARIES WHO ARE NOT SURE WHICH CATEGORY THEY
FALL UNDER CAN VISIT THE "NEW TO TRICARE" SECTION TO
LEARN ABOUT ELIGIBILITY, TRICARE PLANS, AND GET
ENROLLMENT INFORMATION.

THE “QUICK LINKS” SECTION PROVIDES EASY ACCESS TO THE MOST POPULAR TOPICS BENEFICIARIES USE THE TRICARE WEBSITE TO FIND – INCLUDING WHAT’S COVERED, CONTACT INFORMATION AND LOCATING A PROVIDER.

THE GLOBAL NAVIGATION BARS PROVIDE EASY ACCESS TO OTHER TRICARE PORTALS. PROVIDERS, TRICARE STAFF, MEDIA AND OTHERS CAN ACCESS THESE PORTALS TO FIND INFORMATION ABOUT THE TRICARE MANAGEMENT ACTIVITY AND ON HOW TO BECOME A TRICARE PROVIDER.

BENEFICIARIES CAN SIGN UP TO RECEIVE E-ALERTS ABOUT BENEFIT CHANGES BY CLICKING ON THE “E-MAIL UPDATES” LINK AT THE TOP OF THE PAGE. THEY CAN ALSO SIGN UP TO RECEIVE THEIR *HEALTH MATTERS NEWSLETTER* AND NEWS RELEASES ELECTRONICALLY DIRECT FROM TRICARE.

VISIT TRICARE.MIL NOW TO VIEW TRICARE’S NEW DESIGN AND BE SURE OFFER FEEDBACK THROUGH THE LINK ON THE BOTTOM NAVIGATION BAR.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

THERE IS AN OLD PHRASE THAT SAYS "SEEING IS BELIEVING," BUT WHEN IT COMES TO EARLY CHILDHOOD EDUCATION "SEEING IS ACHIEVING." EIGHTY PERCENT OF WHAT CHILDREN LEARN IN SCHOOL IS PRESENTED VISUALLY, AND UNDIAGNOSED VISION PROBLEMS MAY AFFECT THE READING ABILITY OF CHILDREN AND LEAD TO POOR ACADEMIC PERFORMANCE.

IT'S IMPORTANT TO GET CHILDREN SCREENED FOR VISION ISSUES THAT CAN AFFECT THEM IN THE CLASSROOM AND FOR THE REST OF THEIR LIVES. ROUTINE EYE EXAMS CAN NOT ONLY HELP DETECT CORRECTABLE CONDITIONS SUCH AS NEARSIGHTEDNESS, FARSIGHTEDNESS AND/OR ASTIGMATISM, BUT CAN ALSO HELP ENSURE EYE HEALTH.

SOME SIGNS A CHILD MIGHT HAVE VISION DIFFICULTIES ARE:

- SQUINTING, CLOSING OR COVERING ONE EYE
- HOLDING A BOOK CLOSE TO THE FACE
- SITTING CLOSER THAN EXPECTED TO THE TELEVISION OR COMPUTER SCREEN
- LOSING HIS/HER PLACE WHILE READING
- HEADACHE, NAUSEA OR DIZZINESS
- EXCESSIVE CLUMSINESS OR
- PERFORMING BELOW POTENTIAL

PREVENTIVE CARE AND ROUTINE CHECK-UPS FOR CHILDREN UP TO AGE SIX, INCLUDING NEWBORN CARE, SCREENINGS, IMMUNIZATIONS, AND DEVELOPMENT APPRAISALS ARE COVERED THROUGH THE TRICARE WELL-CHILD BENEFIT.

TRICARE ALSO COVERS CHILDREN (REGARDLESS OF PLAN) FOR ONE EYE AND VISION SCREENING (TESTING FOR VISUAL ACUITY, OCULAR ALIGNMENT AND RED REFLEX) AT BIRTH AND 6 MONTHS OF AGE BY THEIR PRIMARY/PEDIATRIC PROVIDER. IT ALSO COVERS TWO COMPREHENSIVE EYE EXAMS BETWEEN THE

AGES OF 3 AND 6. AFTER AGE 6, THEY MAY RECEIVE AN EYE
EXAM DEPENDING ON THEIR TRICARE PLAN.

FOR MORE INFORMATION ON TRICARE'S VISION COVERAGE, VISIT
TRICARE.MIL/MYBENEFIT.

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

TAIL MUSIC (:03)