

TRICARE BENEFICIARY BULLETIN – AUGUST 12, 2010 – 577

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 THE FEDERAL RULES PUBLISHED FOR TRICARE RETIRED RESERVE.

THE INTERIM FINAL RULE FOR THE TRICARE RETIRED RESERVE PROGRAM HAS BEEN PUBLISHED. THAT BRINGS THE OPPORTUNITY FOR MEMBERS OF THE RETIRED RESERVE WHO ARE NOT YET AGE 60, THE SO-CALLED "GRAY-AREA" RETIREES, TO PURCHASE TRICARE STANDARD COVERAGE ONE BIG STEP CLOSER TO A PLANNED PROGRAM LAUNCH EXPECTED AS EARLY AS SEPTEMBER 2010. AT THAT TIME, INSTRUCTIONS ABOUT HOW TO QUALIFY FOR AND PURCHASE COVERAGE WILL

BECOME AVAILABLE. IF PURCHASED, COVERAGE IS EXPECTED TO GO INTO EFFECT AS EARLY AS OCTOBER 1, 2010.

THE STATUTE THAT ESTABLISHED TRICARE RETIRED RESERVE REQUIRES THAT QUALIFIED RETIRED RESERVISTS PAY PREMIUMS EQUAL TO THE FULL COST OF THE COVERAGE WITHOUT GOVERNMENT SUBSIDY. ACCORDING TO THE INTERIM FINAL RULE, MONTHLY PREMIUM RATES FOR 2010 WILL BE \$388.31 FOR MEMBER-ONLY COVERAGE, OR \$976.41 FOR MEMBER AND FAMILY COVERAGE. RATES WILL BE ADJUSTED ANNUALLY.

THIS YEAR'S PREMIUMS ARE BASED ON THE ACTUAL COSTS DURING 2007 AND 2008 FOR PROVIDING TRICARE BENEFITS TO PEOPLE IN THE SAME AGE CATEGORIES AS THE RETIRED RESERVE POPULATION. THE 2011 PREMIUMS WILL BE ADJUSTED BASED ON 2008 AND 2009 COSTS.

RETIREEES WHO MAY WANT TO PURCHASE COVERAGE SHOULD MAKE SURE THEIR ELIGIBILITY INFORMATION IS CORRECT IN THE DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM.

TO GET MORE INFORMATION ABOUT TRICARE RETIRED RESERVE AS IT BECOMES AVAILABLE, VISIT [TRICARE.MIL/SUBSCRIPTIONS](http://TRICARE.MIL/SUBSCRIPTIONS) AND SIGN UP FOR "BENEFIT CHANGES" FOR "RETIRED NATIONAL GUARD AND RESERVE MEMBER."

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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NEXT UP: ANNEMARIE FELICIO REMINDS BENEFICIARIES TO SIGN UP FOR THE TRICARE STANDARD E-NEWSLETTER!

THE FIRST EDITION OF THE *TRICARE STANDARD HEALTH MATTERS* NEWSLETTER IS GOING OUT NEXT WEEK AND YOU CAN BE ONE OF THE FIRST TO RECEIVE IT! ALL YOU NEED TO DO IS VISIT [TRICARE.MIL/SUBSCRIPTIONS](http://TRICARE.MIL/SUBSCRIPTIONS), ENTER YOUR E-MAIL ADDRESS AND CLICK ON THE "STANDARD" BOX UNDER THE "NEWSLETTERS" HEADER.

TOPICS COVERED IN THE E-NEWSLETTER INCLUDE: FINDING A PROVIDER, PLANNING FOR YOUR CHILD'S BACK-TO-SCHOOL PHYSICALS, MAKING THE SWITCH TO TRICARE PHARMACY HOME DELIVERY AND USING TRICARE STANDARD OVERSEAS.

YOU CAN ALSO SIGN UP TO RECEIVE THE LATEST TRICARE NEWS RELEASES, BENEFIT CHANGES, PODCASTS, HEALTHY LIFESTYLE TIPS AND PHARMACY UPDATES FROM TRICARE COMMUNICATIONS. YOU CAN EVEN DECIDE WHEN YOU WOULD LIKE TO RECEIVE YOUR E-MAILS. AND IF YOU'RE FACING AN ALREADY-CROWDED INBOX YOU CAN CHOOSE DAILY, WEEKLY, OR MONTHLY DIGESTS INSTEAD OF IMMEDIATE NOTIFICATIONS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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AND FINALLY, DON'T LET ALLERGIES HOLD YOU BACK THIS SUMMER! TRICARE RECOGNIZES THAT ALLERGIES PRESENT A DAILY CHALLENGE TO MANY BENEFICIARIES, ESPECIALLY

THROUGHOUT THE SUMMER. THE RIGHT CARE CAN MAKE THE DIFFERENCE BETWEEN SUFFERING WITH ALLERGIES AND FEELING BETTER.

THERE ARE TWO TYPES OF ALLERGIES: PERENNIAL AND SEASONAL. PEOPLE WITH PERENNIAL ALLERGIES SUFFER YEAR ROUND, WHILE PEOPLE WITH SEASONAL ALLERGIES SUFFER DURING CERTAIN SEASONS, USUALLY WHEN SPECIFIC PLANTS ARE BLOOMING – LIKE THE SUMMER.

SEASONAL ALLERGIC RHINITIS, COMMONLY KNOWN AS HAY FEVER, AND ASTHMA ARE AMONG THE MOST COMMON HEALTH PROBLEMS ASSOCIATED WITH ALLERGIES. HAY FEVER IS THE MOST COMMON OF THE ALLERGIC DISEASES AND REFERS TO SEASONAL NASAL SYMPTOMS THAT ARE DUE TO POLLENS SUCH AS GRASS, WEEDS AND TREES. SYMPTOMS MAY BE DIFFERENT AT DIFFERENT TIMES OF THE YEAR, DEPENDING ON THE PLANTS IN THE AREA.

NORMALLY OVER-THE-COUNTER ANTIHISTAMINE MEDICATIONS

ARE EFFECTIVE IN ALLEVIATING ALLERGY DISCOMFORT. BUT CAUTION SHOULD BE USED SINCE MANY OF THESE MEDICATIONS CAUSE DROWSINESS. BENEFICIARIES SHOULD SEE THEIR PRIMARY CARE MANAGER WHEN OVER-THE-COUNTER MEDICATIONS DO NOT ADDRESS THE SYMPTOMS.

TRICARE COVERS SOME SERVICES AND SUPPLIES REQUIRED IN THE DIAGNOSIS AND TREATMENT OF ALLERGIES.

BENEFICIARIES SHOULD CONTACT THEIR REGIONAL HEALTH CARE CONTRACTOR FOR MORE INFORMATION ON THESE SERVICES AND SUPPLIES. ADDITIONAL INFORMATION CAN ALSO BE FOUND AT [TRICARE.MIL/MYBENEFIT/ALLERGY](http://TRICARE.MIL/MYBENEFIT/ALLERGY).

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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)