

TRICARE BENEFICIARY BULLETIN – SEPTEMBER 9, 2010 – 579

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: ANNEMARIE FELICIO REPORTS ON TRICARE'S EFFORTS TO HELP BATTLE CHILDHOOD OBESITY.

DURING THE MONTH OF SEPTEMBER, TRICARE CONTINUES ITS STRONG COMMITMENT TO THE BATTLE AGAINST CHILDHOOD OBESITY BY PARTICIPATING IN THE *LET'S MOVE!* PROGRAM FOR MILITARY KIDS.

TRICARE'S WEB PAGE AT [TRICARE.MIL/GETFIT](http://TRICARE.MIL/GETFIT) SERVES AS THE 'HEADQUARTERS' FOR BENEFICIARIES LOOKING FOR RESOURCES ON CHILDHOOD OBESITY. THE PAGE HIGHLIGHTS

ONGOING EFFORTS TO RAISE AWARENESS OF CHILDHOOD OBESITY AND ENCOURAGES CHILDREN TO EAT RIGHT AND EXERCISE. IT HAS LINKS TO INFORMATIONAL WEBSITES AND GAMES EMPHASIZING GOOD NUTRITION AND FITNESS FOR KIDS.

TEACHING CHILDREN WAYS TO MAKE HEALTHY EATING CHOICES AT A YOUNG AGE CAN BRING BENEFITS FOR A LIFETIME. MILITARY PERSONNEL, RETIREES AND THEIR FAMILIES CAN UTILIZE THE SUPPORT FROM THE DEFENSE COMMISSARY AGENCY OR DECA. THEIR WEBSITE, LOCATED AT [COMMISARIES.COM](http://COMMISARIES.COM) PROVIDES DIETARY ADVICE COLUMNS, RECIPES AND INFORMATION ON MAKING HEALTHY FOOD CHOICES. AND THE “MYPYRAMID” TOOL AT [MYPYRAMIND.GOV](http://MYPYRAMIND.GOV) ASSISTS BY CREATING A PERSONALIZED EATING SCHEDULE AND PHYSICAL ACTIVITY PLAN.

FOR EXERCISE AND ACTIVITIES, CHECK WITH SCHOOLS FOR A LIST OF PROGRAMS. ALSO, MILITARY MORALE, WELFARE AND RECREATION CENTERS OFFER ACTIVITIES FROM TEAM SPORTS LIKE BASKETBALL AND BASEBALL, TO MUSIC, DANCE, MARTIAL

ARTS, GYMNASTICS, SWIMMING, ICE SKATING AND MORE!  
BENEFICIARIES SHOULD CHECK WITH THE NEAREST  
INSTALLATION FOR MORE INFORMATION.

LEARN MORE ABOUT THE *LET'S MOVE!* CAMPAIGN AT  
LETSMOVE.GOV.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE  
FELICIO.

-----

NEXT: LORRAINE CWIEKA REPORTS ON MATERNITY HEALTH  
CARE OPTIONS UNDER TRICARE

TRICARE COVERS ALL MEDICALLY NECESSARY MATERNITY  
CARE FROM THE FIRST OBSTETRIC VISIT THROUGH SIX WEEKS  
AFTER THE CHILD IS BORN. THESE SERVICES INCLUDE  
OBSTETRIC VISITS, MANAGEMENT OF HIGH-RISK OR  
COMPLICATED PREGNANCIES AND HOSPITALIZATION FOR  
LABOR, DELIVERY AND POSTPARTUM CARE. ADDITIONAL

COVERED SERVICES INCLUDE THE USE OF CERTIFIED NURSE MIDWIVES, ANESTHESIA FOR PAIN MANAGEMENT DURING LABOR, DELIVERY AND CESAREAN SECTIONS. MEDICALLY NECESSARY ULTRASOUNDS ARE ALSO COVERED.

TRICARE PRIME BENEFICIARIES MAY RECEIVE MATERNITY SERVICES AT THEIR LOCAL MILITARY TREATMENT FACILITY, OR MTF, WHEN AVAILABLE. IF MTF CARE IS UNAVAILABLE OR DOESN'T PROVIDE OBSTETRIC SERVICES, BENEFICIARIES WILL BE REFERRED TO A CIVILIAN NETWORK PROVIDER BY THEIR PRIMARY CARE MANAGER.

TRICARE PRIME BENEFICIARIES CAN ALSO DISENROLL FROM TRICARE PRIME AND CONVERT TO TRICARE STANDARD TO RECEIVE MATERNITY CARE FROM A NON-NETWORK CIVILIAN PROVIDER. THIS WILL ALLOW THEM TO AVOID POINT-OF-SERVICE CHARGES, BUT THEY WILL INCUR NORMAL TRICARE STANDARD COST SHARES. TRICARE PRIME BENEFICIARIES SHOULD ENSURE THEY HAVE THE REQUIRED REFERRALS AND AUTHORIZATIONS BEFORE SEEKING NON-EMERGENCY CARE

OUTSIDE OF THE MTF.

TRICARE PRIME REMOTE ENROLLEES WILL BE DIRECTED BY THEIR PRIMARY CARE MANAGER FOR CARE OR MAY VISIT A TRICARE-AUTHORIZED CIVILIAN PROVIDER. ALL CIVILIAN MATERNITY SERVICES REQUIRE PRIOR AUTHORIZATION FROM THEIR REGIONAL CONTRACTOR.

TRICARE STANDARD ENROLLEES MAY CHOOSE ANY TRICARE STANDARD AUTHORIZED PROVIDER FOR MATERNITY CARE, EVEN IF THEY LIVE CLOSE TO A MTF. TRICARE STANDARD BENEFICIARIES DON'T NEED A REFERRAL OR AUTHORIZATION WHEN THEY USE ANY TRICARE-AUTHORIZED PROVIDER FOR MATERNITY CARE.

FOR ADDITIONAL INFORMATION ABOUT TRICARE'S MATERNITY CARE BENEFITS VISIT [TRICARE.MIL/BABY](http://TRICARE.MIL/BABY).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

-----

SEPTEMBER IS NATIONAL CHOLESTEROL MONTH! DID YOU KNOW THAT HIGH BLOOD CHOLESTEROL IS ONE OF THE MAJOR RISK FACTORS FOR HEART DISEASE? NOW IS A GREAT TIME TO LEARN MORE ABOUT CHOLESTEROL, GET A CHOLESTEROL CHECK AND MAKE A PLAN TO LOWER IT IF YOURS IS HIGH.

THERE ARE NUMEROUS THINGS THAT CAN AFFECT CHOLESTEROL LEVELS. SOME THINGS ARE CONTROLLABLE AND SOME AREN'T. THE NATIONAL INSTITUTES OF HEALTH PROVIDES SOME HELPFUL WAYS TO CONTROL CHOLESTEROL LEVELS INCLUDING: REDUCING THE AMOUNT OF SATURATED FAT AND CHOLESTEROL IN YOUR DIET, LOSING WEIGHT, AND EXERCISING. ALL OF THESE CAN HELP LOWER LDL CHOLESTEROL AND RAISE HDL LEVELS.

VISIT [TRICARE.MIL/GETFIT](http://TRICARE.MIL/GETFIT) FOR ARTICLES, ADVICE COLUMNS, BLOGS AND MORE. THIS IS A GREAT RESOURCE TO HELP WITH EXERCISE PLANS AND MAKING OVERALL HEALTHY CHOICES.

-----

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

TAIL MUSIC (:03)