

TRICARE BENEFICIARY BULLETIN – SEPTEMBER 23, 2010 – 541

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 REMINDS PREGNANT WOMEN TO GET THEIR FLU SHOTS.

THE CENTERS FOR DISEASE CONTROL AND PREVENTION RECENTLY TEAMED UP WITH LEADERS FROM SEVERAL HEALTH CARE GROUPS TO STRESS THE IMPORTANCE OF PREGNANT WOMEN GETTING VACCINATED AGAINST THE FLU THIS YEAR. TRICARE LEADERS AGREE AND ENCOURAGE ALL EXPECTING BENEFICIARIES TO GET VACCINATED AGAINST SEASONAL INFLUENZA.

CDC DATA SHOWS PREGNANT WOMEN ACCOUNT FOR ONLY 1 PERCENT OF THE POPULATION BUT REPRESENTED 5 PERCENT OF H1N1 DEATHS. EVEN THOUGH THERE IS NO H1N1 SCARE THIS YEAR, INFLUENZA IS SERIOUS ESPECIALLY FOR PREGNANT WOMEN.

THIS YEAR'S INFLUENZA VACCINE PROVIDES PROTECTION FROM THREE STRAINS OF INFLUENZA, INCLUDING THE 2009 H1N1 VIRUS. ONLY ONE SHOT IS NEEDED FOR FULL PROTECTION AGAINST INFLUENZA.

TRICARE COVERS AGE-APPROPRIATE DOSES OF VACCINES RECOMMENDED BY THE CDC. BENEFICIARIES CAN VISIT PARTICIPATING TRICARE RETAIL NETWORK PHARMACIES TO RECEIVE SEASONAL FLU VACCINES AT NO COST. TO FIND A PARTICIPATING RETAIL NETWORK PHARMACY, GO TO WWW.EXPRESS-SCRIPTS.COM/TRICARE.

TRICARE REGULARLY ADDS COVERAGE FOR NEW VACCINATIONS BASED ON CDC RECOMMENDATIONS. FOR MORE

INFORMATION ABOUT THE VACCINES RECOMMENDED BY CDC,
VISIT [CDC.GOV/VACCINES](https://www.cdc.gov/vaccines).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT: ANNEMARIE FELICIO REPORTS ON NATIONAL ALCOHOL
AND DRUG ADDICTION RECOVERY MONTH

SEPTEMBER IS NATIONAL ALCOHOL AND DRUG ADDICTION
RECOVERY MONTH. RECOVERY MONTH, AS IT IS FREQUENTLY
REFERRED TO, HIGHLIGHTS THE BENEFITS OF SUBSTANCE
ABUSE TREATMENT AND PROVIDES A PLATFORM TO CELEBRATE
PEOPLE IN RECOVERY AND THOSE WHO SUPPORT THEM. THIS
OBSERVANCE ALSO SERVES TO EDUCATE THE PUBLIC ABOUT
ALCOHOL AND SMOKING ADDICTIONS.

PROBLEMS WITH ALCOHOL AND SMOKING ADDICTIONS ARE THE
MOST COMMON AND POSE A SIGNIFICANT RISK TO HEALTH AND
READINESS FOR SERVICE MEMBERS AND THEIR FAMILIES. SOME

MAY ATTEMPT TO RELIEVE STRESS BY DRINKING OR SMOKING,
BUT THE HEALTH RISKS OF TOBACCO USE AND EXCESSIVE
ALCOHOL USE FAR OUTWEIGH ANY POSSIBLE BENEFIT.

IF YOU OR A LOVED ONE IS STRUGGLING WITH AN ALCOHOL OR
DRUG RELATED PROBLEM, TRICARE CAN HELP. DRUG AND
ALCOHOL ADDICTION IS A TREATABLE DISEASE AND RECOVERY
IS POSSIBLE.

IF YOU ARE DEALING WITH SUBSTANCE ABUSE OR ADDICTION
TO ILLEGAL OR PRESCRIPTION DRUGS, TRICARE URGES YOU TO
TAKE ADVANTAGE OF THE MANY AVAILABLE TREATMENT
OPTIONS. HELP IS AVAILABLE FOR YOU EVERY STEP OF THE
WAY. TRICARE BENEFITS INCLUDE DETOXIFICATION,
REHABILITATION AND OUTPATIENT GROUP AND FAMILY
THERAPY. GO TO TRICARE'S "TREATMENT FOR SUBSTANCE USE
DISORDERS" WEBPAGE AT TRICARE.MIL TO LEARN MORE.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE
FELICIO.

THE FUTURE OF MILITARY HEALTH CARE MARCHES ON IN AN
EVER-CHANGING LANDSCAPE. A TRICARE “FOURTH
GENERATION” OR T-4 WORK GROUP IS UNDERTAKING A YEAR
LONG PROJECT TO EXPLORE THAT LANDSCAPE AND MAKE
RECOMMENDATIONS WHICH WILL SHAPE FUTURE TRICARE
CONTRACTS.

THE T-4 WORK GROUP IS CHARGED WITH EVALUATING OPTIONS
AND OPPORTUNITIES FOR THE DESIGN OF FUTURE TRICARE
CONTRACTS TO PROVIDE THE BEST POSSIBLE HEALTH CARE FOR
MORE THAN 9.6 MILLION MILITARY HEALTH SYSTEM
BENEFICIARIES FROM 2015 ONWARD.

INVITED SPEAKERS TO THE SEMINAR INCLUDED EXPERTS FROM
MIT, THE INSTITUTE OF MEDICINE, THE CENTER FOR NEW
AMERICAN SECURITY, KAISER PERMANENTE, NATIONAL
DEFENSE UNIVERSITY, PRIVATE INDUSTRY, AND THE
DEPARTMENT OF HEALTH AND HUMAN SERVICES.

AS THEIR WORK PROCEEDS, THE T-4 WORK GROUP WILL EXPLORE HISTORICAL AND FUTURE MILITARY HEALTHCARE SYSTEMS PERSPECTIVES, TRANSFORMATION STUDIES SUCH AS FINDINGS OF THE TASK FORCE ON THE FUTURE OF MILITARY HEALTH CARE, AND HOW THE TRICARE PROGRAM OPERATES GLOBALLY WITHIN A FRAMEWORK OF LEGAL, ACQUISITION AND FINANCIAL CONSIDERATIONS.

A REPORT OF THE GROUP'S RECOMMENDATIONS FOR CHANGES AND THE SHAPE OF THE T-4 CONTRACTS WILL BE PRESENTED TO SENIOR LEADERSHIP IN THE SUMMER OF 2011.

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

TAIL MUSIC (:03)