

TRICARE BENEFICIARY BULLETIN – OCTOBER 7, 2010 – 622

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 TRICARE'S FOCUS ON SMOKING AND THE BENEFITS OF QUITTING

ALTHOUGH THE DECLINE IN THE U.S. ADULT SMOKING RATE HAS STALLED OVER THE PAST SEVERAL YEARS, SMOKING AMONGST ACTIVE DUTY PERSONNEL REMAINS A PROBLEM.

FOR BENEFICIARIES LOOKING TO QUIT, TRICARE OFFERS MULTIPLE PROGRAMS AND SERVICES TO HELP. TREATMENT, INCLUDING SMOKING CESSATION PROGRAMS, IS AVAILABLE AT MANY MILITARY TREATMENT FACILITIES. BENEFICIARIES CAN

FIND A LOCAL MILITARY TREATMENT FACILITY AT  
TRICARE.MIL/MTF.

ALL NON-MEDICARE ELIGIBLE TRICARE BENEFICIARIES WITHIN  
THE UNITED STATES CAN GET ASSISTANCE WITH SMOKING  
CESSATION BY CALLING TRICARE'S SMOKING QUITLINE, TOLL-  
FREE, 24 HOURS A DAY, SEVEN DAYS A WEEK, INCLUDING  
WEEKENDS AND HOLIDAYS. BENEFICIARIES IN THE TRICARE  
SOUTH REGION CAN REACH THE QUITLINE AT 877-414-9949.  
BENEFICIARIES LIVING IN THE NORTH REGION CAN CALL 866-  
459-8766 AND THOSE LIVING IN THE WEST REGION CAN CALL 866-  
244-6870. BENEFICIARIES USING MEDICARE CAN GET ASSISTANCE  
THROUGH MEDICARE.

ANY TRICARE BENEFICIARY WHO WANTS TO QUIT USING  
TOBACCO, INCLUDING THE SMOKELESS KIND, CAN ACCESS THE  
OFFICIAL DOD SPONSORED WEBSITE AT [UCANQUIT2.ORG](http://UCANQUIT2.ORG). "QUIT  
TOBACCO. MAKE EVERYONE PROUD." IS AN EDUCATIONAL  
CAMPAIGN AVAILABLE TO HELP BENEFICIARIES DEVELOP  
PERSONALIZED PLANS FOR QUITTING. BENEFICIARIES CAN PLAY  
GAMES, LISTEN TO PODCASTS, CONNECT TO ONLINE CESSATION

PROGRAMS AND CHAT WITH TRAINED CESSATION COUNSELORS.  
ASSISTANCE IS AVAILABLE SEVEN DAYS A WEEK, FROM 8:30  
A.M. TO 10:00 P.M. EASTERN TIME.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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FOR PRESCHOOLERS, THE FOOD CHOICES MADE DURING THE  
AGES OF THREE TO FIVE ARE NOT ONLY IMPORTANT IN THE  
FIGHT AGAINST OBESITY, BUT THEY ARE CRITICAL FOR  
HEALTHY BRAIN DEVELOPMENT. ALONG WITH CONTINUED  
PHYSICAL GROWTH, THE NATIONAL INSTITUTES OF HEALTH  
REPORTS THAT IT IS DURING THESE YEARS CHILDREN  
DEMONSTRATE CURIOSITY AND LEARN TO SOCIALIZE, ADAPT  
TO DIFFERENT PLACES AND SPEAK PROPERLY. IT'S ALSO WHEN  
PARENTS CAN SET RULES FOR GOOD BEHAVIORS, PREFERENCES  
TOWARD LEARNING, AND TEACH HEALTHY EATING HABITS.

A WELL-BALANCED DIET THAT INCLUDES ALL ESSENTIAL  
VITAMINS, MINERALS AND PROTEIN FOODS IS INSTRUMENTAL

IN A CHILD'S PROPER BRAIN DEVELOPMENT. CHILDREN SHOULD CONSUME A VARIETY OF FOODS FROM THE FIVE MAJOR FOOD GROUPS THAT MAKE UP THE FOOD PYRAMID. EACH FOOD GROUP SUPPLIES ESSENTIAL NUTRIENTS, INCLUDING VITAMINS AND MINERALS.

DURING THE PRESCHOOL YEARS, CHILDREN CAN EAT THE SAME FOODS AS ADULTS. AN EMPHASIS SHOULD BE PLACED ON THE NUTRITIONAL VALUE OF THE FOODS. INCLUDE A VARIETY OF FRESH VEGETABLES AND FRUITS, NONFAT OR LOW-FAT DAIRY PRODUCTS (MILK, YOGURT, CHEESE), LEAN MEATS (CHICKEN, TURKEY, FISH, LEAN HAMBURGER) AND WHOLE-GRAIN CEREALS AND BREAD.

GOOD NUTRITION FROM BIRTH IS CRITICAL IN RAISING MENTALLY AND PHYSICALLY HEALTHY CHILDREN. FOR MORE INFORMATION ABOUT NUTRITIONAL NEEDS OR AGE APPROPRIATE DIETS VISIT [MYPYRAMID.GOV](http://MYPYRAMID.GOV). ALSO VISIT [TRICARE.MIL/GETFIT](http://TRICARE.MIL/GETFIT) FOR ADDITIONAL INFORMATION ABOUT NUTRITION AND OBESITY.

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AND FINALLY, ANNEMARIE FELICIO REMINDS BENEFICIARIES  
THAT TRICARE IS HERE TO HELP YOU.

WITH SO MANY DECISIONS TO MAKE EVERY DAY, IT'S GOOD TO  
KNOW THAT WHEN IT COMES TO YOUR HEALTH CARE THE  
ANSWERS ARE NEVER MORE THAN A PHONE CALL OR MOUSE  
CLICK AWAY.

WHEN QUESTIONS ARISE, YOUR REGIONAL CONTRACTOR IS  
YOUR PRIMARY POINT OF CONTACT. TRICARE'S STATESIDE  
CONTRACTORS ARE HEALTH NET FEDERAL SERVICES; HUMANA  
MILITARY HEALTHCARE SERVICES, AND TRIWEST  
HEALTHCARE ALLIANCE CORPORATION. TRICARE'S OVERSEAS  
CONTRACTOR IS INTERNATIONAL SOS ASSISTANCE, INC.

EACH CONTRACTOR MAINTAINS A WEB SITE, TOLL-FREE  
CUSTOMER SERVICE CALL CENTER AND TRICARE SERVICE  
CENTERS TO ASSIST YOU. YOU CAN ALSO GET HELP LOCATING  
PROVIDERS FOR ROUTINE AND SPECIALTY CARE.

IF YOU HAVE QUESTIONS ABOUT ELIGIBILITY, CLAIMS, REFERRALS, APPEALS OR FRAUD INFORMATION, JUST PICK UP THE PHONE OR LOG ON TO YOUR COMPUTER.

WHEN YOU NEED HELP NAVIGATING TRICARE, BENEFICIARY COUNSELING AND ASSISTANCE COORDINATORS OR BCACS CAN ADVISE YOU ON YOUR OPTIONS. BCACS ARE LOCATED AT MILITARY TREATMENT FACILITIES AND AT THE TRICARE REGIONAL AND AREA OFFICES.

DEBT COLLECTION ASSISTANCE OFFICERS CAN ALSO HELP YOU RESOLVE HEALTH CARE COLLECTION-RELATED ISSUES. IF YOU RECEIVE A NEGATIVE CREDIT RATING OR ARE SENT TO A COLLECTION AGENCY BECAUSE OF ISSUES RELATING TO TRICARE, PLEASE CONTACT A DEBT COLLECTION ASSISTANCE OFFICER. VISIT [TRICARE.MIL/BCACDCAO](http://TRICARE.MIL/BCACDCAO) FOR AN ONLINE DIRECTORY.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE  
FELICIO.

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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)